

Comparison between Flu, Cold and Swine Flu

Is it Flu or Cold?

Because flu and cold symptoms are quite alike, it's not easy to differentiate between them! But there are some clues about flu that might make you tell the difference.

Can I compare flu symptoms with cold symptoms?

Yes. The following table can help you compare flu symptoms with cold symptoms. Use it to know the differences and similarities between flu and cold symptoms.

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (37.8-38.8 degrees C); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe

Is it the flu or the swine flu?

Usually symptoms of swine flu are like regular flu symptoms and include fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue. Many people with swine flu have had diarrhea and vomiting. Nearly everyone with flu has

at least two of these symptoms. But these symptoms can also be caused by many other conditions. That means that you and your doctor can't know, just based on your symptoms, if you've got swine flu. Health care professionals may offer a rapid flu test, although a negative result doesn't necessarily mean you don't have the flu.

Only lab tests can definitively show whether you've got swine flu.

References:

www.cdc.gov

www.webmd.com