

DO YOU KNOW THE DIFFERENCE BETWEEN A COLD, FLU, SEASONAL OR H1N1 FLU, AND PNEUMONIA?

SYMPTOMS	COMMON COLD	SEASONAL FLU AND H1N1	PNEUMONIA, OTHER SERIOUS RESPIRATORY INFECTIONS
Onset of symptoms	Gradual onset: over 3 - 4 days	Rapid onset: within 3 - 4 hours	Sudden onset or worsening of severe symptoms, but can develop over days
Runny, stuffy nose	Common	Sometimes	Unusual
Sneezing	Common	Sometimes	Unusual
Watery eyes	Common	Sometimes	Unusual
Cough	Mild, hacking	Can be deep, severe	Common and often severe
Chest congestion or pain	Sometimes	Can be severe	Chest pain; shortness of breath; difficulty breathing
Fatigue	Usually mild	Can be extreme and last weeks	Sometimes
Sore throat	Common	Sometimes	Unusual
Fever	Unusual, under 100 degrees	Onset is sudden and usually 100 or higher	Sometimes high
Headache	Possible, but mild	Moderate to severe	Sometimes
Chills, body aches	Not usually	Common	Can be severe
Possible other problems	Sinus or ear infection	Possible loss of appetite, vomiting with seasonal flu; diarrhea with H1N1	Signs of dehydration (such as decreased urination or dizziness when standing); blue or purple discoloration around mouth; severe vomiting; mental confusion; convulsions or seizures

Chart by [Melanie Haiken, Caring.com senior editor](#)