

Is it a Cold?

An upper respiratory infection (URI) is commonly known as a cold. Little needs to be said about the symptoms because they are all too familiar, frustrating and annoying. They are almost always viral infections.

Antibiotics that are effective against bacteria are NOT effective, and should NOT be used. Antibiotics will *not* shorten the duration of viral infections. Their unwarranted use develops resistant strains of bacteria, and can sometimes cause you to become allergic to the entire class of antibiotics. Antibiotics have many side effects. Currently most physicians recommend antibiotics be considered if there are symptoms remaining after 10 days. There are anti viral drugs that can be used against influenza, but they are type specific.

Cold vs H1N1 (swine) Flu Symptoms

Symptom	Cold	H1N1 (swine) Flu
Fever	Fever is rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100' or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold	A non-productive (non mucus-producing) cough is usually present with the flu (sometimes referred to as a dry cough)
Aches	Slight body aches and pains can be part of a cold	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week	Stuffy nose is not commonly present with the flu.
Chills	Chills are common with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold	Tiredness is moderate to sever with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3 to 6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.



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