

Know the Difference between A Cold & Swine Flu Symptoms

Symptom	Cold	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°F 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 nonproductive (non-mucus producing) cough is usually present with the flu (sometimes referred to as 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 uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe 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 3-6 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 commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

H1N1 SWINE FLU Info and Flu Prevention In General

Tamiflu does not kill but prevents H1N1 from further spreading till the virus limits itself in about 1-2 weeks (its natural cycle). H1N1, like other Influenza A viruses, only infects the upper respiratory tract and proliferates (only) there. The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as spreading the germ is.

While you are still healthy and not showing any symptoms of H1N1 infection, in

order to prevent spreading, aggravation of symptoms, and development of secondary infections, some very simple steps - not fully highlighted in most official communications - can be practiced:

- Frequent hand-washing (well highlighted in all official communications).
- "*Hands-off-the-face*" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe).
- Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to spread and show characteristic symptoms. Simple gargling prevents spreading. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
- Clean your nostrils at least once every day with warm salt water. Not everybody may be good at using a Neti Pot (very good for cleansing nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
- Boost your natural immunity with foods that are rich in Vitamin C (citrus fruits, etc.). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
- Drink as much warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off spreading viruses from the throat into the stomach where they cannot survive, spread or do any harm.

All these are simple ways of prevention, within means of most households, and certainly much less painful than to wait in long lines outside public hospitals.