



## H1N1 Fears

Fears about the return of H1N1 (Swine Flu) have many executives, their spouses worried about their children and armed with a host of questions. This article and some of those to follow, will try to answer the myriad questions about the pig virus that we have received about how symptoms of the Flu differ from that of the common cold and how to prevent the Swine Flu.

The symptoms of a common cold, caused by more than 200 different viruses are of runny nose, scratchy throat, headache, fatigue, sneezing, watery eyes, and fever less than 102\* F. The Swine Flu is a more severe illness and includes symptoms of fever (>102\*), nausea, cough without phlegm, chills, body aches, sweating, and a loss of appetite.

Swine Flu and most Flu symptoms come on suddenly, without warning, while cold symptoms come on gradually; both can last about 10 days. There is no cure for the cold, only symptomatic treatment. But if **severe Swine FLU is diagnosed, your doctor may recommend an antiviral medication to speed recovery if diagnosed in the first 48 hours of the illness. With either the cold or the flu, get plenty of rest, water and juice, OTC medications to treat fever and cough and work from home if you have flu symptoms until you are 24 hours without fever.**

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