

Difference between Cold and Swine Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>Swine Flu</u>
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 non-productive (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 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.



Participation in Activities Offer Benefits

- High school athletes have higher grades and lower dropout rates and attend college more often than nonathletes.
-Women's Sports Foundation Survey
- Students who participate in activities average 3.32 GPA while non-participants average 2.48. Further, participants miss an average of 4.9 days of school (including .7 for activities), while non-participants miss 10.8 days per year.
-North Dakota High School Activities Association
- Grade-point averages of athletes improve the grade-point average of the general student population in every school in every category (in-season, out-of-season, minority).-South Bend, IN Community Schools
- "High-activity" students (those involved in four or more activities) average 3.05 GPA, while "low-activity" students averaged 2.54 GPA.-Indiana University study
- Athletes averaged 86 percent compared to 79 percent for the general population (based on 4.0 GPA as 100 percent). Athletes averaged four absences versus seven for the general population. Eleven percent of the athletes had discipline referrals, compared to 25 percent of the general population. No athletes dropped out of school, while 3.7 percent of the general population dropped out.-Randolph County (N.C.) Schools
- University of Chicago research suggests: A) By a two-to-one margin for males and a three-to-one margin for females, student-athletes do better in school, do not dropout and have a better chance to get through college. B) Student-athletes take average and above average courses. C) Student-athletes' parents are more involved with their educational process. D) Student-athletes tend to focus more on long-term life accomplishments than short-term goals. E) Student-athletes are more self-assured. F) Ninety-two percent of participants do not use drugs. G) Ninety-five percent of school principals believe activities programs contribute to the development of "school spirit" among the student body.
-Indiana University study

- Extracurricular participation is a school's best predictor of an adult's success.-
"Fulfilling lives-Paths to Maturity
and Success" by Douglas H. Health, based on a 40-year survey