



# IS IT A **Cold** OR AN **Allergy?**

SYMPTOMS	COLD	AIRBORNE ALLERGY
COUGH	Common	Sometimes
GENERAL ACHEs, PAINS	Slight	Never
FATIGUE, WEAKNESS	Sometimes	Sometimes
ITCHY EYES	Rare or never	Common
SNEEZING	Usual	Usual
SORE THROAT	Common	Sometimes
RUNNY NOSE	Common	Common
STUFFY NOSE	Common	Common
FEVER	Rare	Never
DURATION	3 to 14 days	Weeks (for example, 6 weeks for ragweed or grass pollen seasons)
TREATMENT	<ul style="list-style-type: none"> <li>▪ Antihistamines</li> <li>▪ Decongestants</li> <li>▪ Nonsteroidal anti-inflammatory medicines</li> </ul>	<ul style="list-style-type: none"> <li>▪ Antihistamines</li> <li>▪ Nasal steroids</li> <li>▪ Decongestants</li> </ul>
PREVENTION	<ul style="list-style-type: none"> <li>▪ Wash your hands often with soap and water</li> <li>▪ Avoid close contact with anyone who has a cold</li> </ul>	<ul style="list-style-type: none"> <li>▪ Avoid things that you are allergic to such as pollen, house dust mites, mold, pet dander, and cockroaches</li> </ul>
COMPLICATIONS	<ul style="list-style-type: none"> <li>▪ Sinus infection</li> <li>▪ Middle ear infection</li> <li>▪ Asthma</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sinus infection</li> <li>▪ Middle ear infection</li> <li>▪ Asthma</li> </ul>

