










# Is it a cold, the flu, or allergies?

**They have some of the same symptoms—but important differences, too**

Use this table to learn about typical symptoms and help identify if you may have a cold, the flu, or allergies. If you can identify the problem, it can be easier to get relief.

	COLD	FLU	ALLERGIES
SYMPTOMS	Gradual over 48 hours; lasts up to 2 weeks	Sudden; lasts 2-7 days	On contact with allergen (pollen, dust mites, mold); lasts weeks to months
 <b>Fever</b>	Maybe	Yes	Never
 <b>Sore throat</b>	Yes	Maybe	No
 <b>Cough</b>	Yes	Yes	No
 <b>Itchy throat or nose</b>	No	No	Yes
 <b>Sneezing</b>	Yes	No	Yes
 <b>Stuffy or runny nose</b>	Yes	Maybe	Yes
 <b>Itchy, watery eyes</b>	No	No	Yes
 <b>Chest congestion</b>	Yes	Maybe	No
 <b>Muscle aches</b>	Maybe	Yes	Never

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## What can you do to get symptom relief?

An over-the-counter medicine, such as a **TYLENOL®** or **ZYRTEC®** product, may help relieve your symptoms.

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