



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 | Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines | Antihistamines Nasal steroids Decongestants |
| Prevention | Wash your hands often Avoid close contact with anyone with a cold | Avoid those things that you are allergic to such as pollen, house dust mites, mold, pet dander, cockroaches |
| Complications | Sinus infection Middle ear infection Asthma | Sinus infection Asthma |