

IS IT A COLD OR AN ALLERGY?



ALLERGIES AND COLDS SHARE SOME COMMON SYMPTOMS, SUCH AS:

- sneezing
- coughing
- sore throat
- runny nose
- nasal congestion
- watery eyes

COLDS ARE MORE LIKELY TO CAUSE:

- fatigue
- aches and pains
- sore throat
- a stuffy nose
- More severe colds can also cause headaches, fevers, and body aches.



ALLERGIES ARE MORE LIKELY TO CAUSE:

- itchy eyes
- wheezing
- skin rashes, such as eczema or hives
- Allergies can also cause rashes and itchy eyes. The common cold typically does not.



COLD

SYMPTOMS

FATIGUE
ACHES AND PAINS
SORE THROAT
FEVER, IN SOME CASES
HOW LONG IT LASTS
7 TO 10 DAYS
WHEN IT IS MOST LIKELY TO OCCUR
FALL AND WINTER
IS IT CONTAGIOUS?
YES

BOTH

SYMPTOMS

CAN OCCUR AT ANY TIME OF YEAR

WHEN IT IS MOST LIKELY TO OCCUR

ALLERGIES

SYMPTOMS

RASHES
HIVES
ITCHY EYES
SWELLINGS

HOW LONG IT LASTS
UNTIL YOU REMOVE THE TRIGGER

WHEN IT IS MOST LIKELY
SPRING, SUMMER, AND FALL,
DEPENDING ON THE
TRIGGER AND WHERE YOU LIVE

IS IT CONTAGIOUS?
NO