

Cold, Flu, or Allergy?

<u>Symptom</u>	<u>Allergy</u>	<u>Cold</u>	<u>Flu</u>
Fever	Never	Rare	Usual, high (100-102°F), sometimes higher-especially in young children); lasts 3-4 days
Headache	Rare	Rare	Common
General Aches	Never	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Sometimes	Usual, can last up to 3 weeks
Sneezing	Usual	Usual	Sometimes
Sore Throat	Sometimes	Common	Sometimes
Cough	Sometimes	Common	Common

Treatment			
	Antihistamines Nasal steroids Decongestants Antihistamines Decongestants	Aspirin, such as Tylenol, or ibuprofen for aches and pains	Aspirin, acetaminophen or ibuprofen for aches, pains and fever. (See your doctor)

Prevention			
	Avoid those things that you are allergic to, such as pollen, house dust mites, mold, pet dander, cockroaches	Wash your hands often. Avoid close contact with anyone with a cold	Wash your hands often Avoid close contact with anyone with the flu Annual vaccination Antiviral medicines (See your doctor)