

# DON'T BE FOOLED: DO I HAVE ALLERGIES OR A COLD?



**Sneezing a lot? Feeling really awful?** It could be allergies or a cold. It's tricky, but to get the appropriate relief you have to know which one you have.

## ALLERGY

Symptoms can develop immediately after exposure to your allergy triggers.

### May include:

- Clear, watery, runny nose
- Symptoms can last more than 2 weeks or be recurrent
- Itchy nose
- Itchy eyes
- Symptoms can appear at the start of the seasons (like spring)

vs.

## COLD

Symptoms develop slowly and are milder.

### May include:

- Runny nose that starts clear & becomes thick and colored
- Lasts 7-10 days
- Could have a mild fever
- Sore throat
- Mild discomfort

Some symptoms, like sneezing, are common in both allergies and colds.

