



FLU, COLD, ALLERGY

	FLU	COLD	ALLERGY
SYMPTOMS			
fever	usual/high (100-102)	rare	never
headache	prominent	rare	sometimes
aches/pains	usual/often severe	slight	none
fatigue/weakness	usual/can last 2-3 weeks	mild	sometimes
sore throat	sometimes	sore or scratchy	sometimes
chest discomfort/cough	common/can be severe	mild to moderate	little or no cough
eyes	mild	watery	usually watery, red, itchy
runny, stuffy nose	sometimes	common	nasal discharge watery
sneezing	sometimes	usual	usual
duration	2 - 7 days	2 - 14 days	weeks - months
medical treatment	antiviral medicines/ seek health care	antihistamines, decongestants and nonsteroidal anti-inflammatory medication	antihistamines, nasal steroids and decongestants
complications	bronchitis, pneumonia can be life threatening	sinus and middle ear infection	sinus infection, asthma

*Information from US Department of Health & Human Services.