

# Allergies

- Sneezing
- Clear mucus
- Watery, red eyes
- Lasts as long as exposure (days – months)
- Reaction to allergens such as pollen, mold, dust, or dander
- Itchy eyes, nose, and throat

# Flu

- Lasts 1-30 days
- Usually occurs in winter
- Fever over 100 degrees F
- Can develop into pneumonia or other infections
- Severe muscle soreness and aches
- Chills and sweats
- Some strains cause vomiting and diarrhea

- Onset of symptoms is immediate
- Dry, unproductive cough

- Stuffy or runny nose
- Sore throat
- Congestion (of the chest in cold and flu, of the sinuses in allergies)

- Viral infection
- Highly contagious
- Loss of appetite
- Fatigue (more severe in flu)
- Headache

# Cold

Can occur any time of the year, but often seasonally

- Lasts 3-14 days
- Symptoms take 1-3 days to appear after infection
- Productive cough by 4th-5th day
- Yellowish mucus
- Fever can occur in children