

## Is it allergies, a cold or the flu?

<b>Symptoms</b>	<b>Allergies</b>	<b>A cold</b>	<b>The flu</b>
Fever	Never	Rare	Usual, 100 to 102 F
Headache	Rare	Rare	Common
Aches/Pains	Never	Slight	Usual, often severe
Fatigue/Weakness	Sometimes	Sometimes	Usual, up to 3 weeks
Extreme Exhaustion	Never	Never	Usual, at the beginning
Stuffy/Runny Nose	Common	Common	Sometimes
Sneezing	Usual	Usual	Sometimes
Sore Throat	Sometimes	Common	Sometimes
Cough	Sometimes	Common	Common, often severe
Chest Discomfort	Rare	Mild/Moderate	Common, often severe
Onset	May be sudden	Gradual	Acute and sudden
Duration	Over a week	3 to 5 days	Over 5 days

Source: Benton County Health Department