









allergy or cold



ALLERGY

COLD

CHARACTERISTICS		ALLERGY	COLD
DURATION		days to months	3-14 days
TIME OF YEAR		anytime	usually winter
SYMPTOM ONSET		immediately	a few days

SYMPTOMS		ALLERGY	COLD
COUGH		sometimes	often
FEVER		never	rarely
ITCHY/WATERY EYES		often	rarely
SORE THROAT		sometimes	often
RUNNY STUFFY NOSE		often, usually clear mucus	often, usually yellow mucus

This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

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