

Differentiation of Respiratory Symptoms

SYMPTOMS	ALLERGY	COLD	INFLUENZA (FLU)
Fever	Never	Rare	Usually high 100-102F, higher in young children
Stuffy, Runny Nose	Common	Common	Sometimes
Mucous	clear runny	Colour	colour
Sneezing	Usual, bouts of uncontrollable fits	Usual	Sometimes
Sore Throat	Sometimes	Common	Sometimes
Cough	Sometimes	Common	Dry hacking, Common- can become severe
Chest discomfort	Rare-except for those with allergic asthma	Mild to moderate	Common
Headache	Uncommon	Uncommon	Common
General aches, pain	Never	Slight	Usual, often severe
Fatigue, weakness	Sometimes	Sometimes	Usual, can last up to 3 weeks
Extreme exhaustion	Never	Never	Usual, at the beginning of illness
Shaking, chills	Never	Uncommon	Common
Nausea, vomit, diarrhea	Sometimes	Uncommon	Common
Contagious	Never	Highly	Highly
Seasonal	Spring, Fall	All year	Fall through spring, peaks in winter
Duration	Allergy season	7-10 days +-	1-2 weeks

Note: Contact your doctor right away if your symptoms do not improve or they become severe. A cold can develop into a bacterial infection that requires antibiotics (bronchitis, sinusitis, strep throat). The flu can develop into a more serious condition such as pneumonia.