



SYMPTOM CHECKER: IS IT COLD, ALLERGY, OR FLU?

It is often difficult to know if you may have a cold, allergy, or the flu. Signs and symptoms of these three conditions are similar but this general symptom checker may help* (Keep in mind this symptom checker is general information only and not a substitute for seeing your physician for only he/she can determine medically what your condition is and prescribe appropriate treatment).

Symptom	Cold	Allergy	Flu
Cough	Usually	Sometimes	Usually
General Aches/Pains	Sometimes	Never	Usually
Fatigue	Sometimes	Sometimes	Usually
Headache	Rarely	Sometimes	Usually
Itchy Eyes	Rarely	Usually	Never
Sneezing	Usually	Usually	Sometimes
Sore Throat	Usually	Sometimes	Usually
Runny Nose	Usually	Usually	Usually
Stuffy Nose	Usually	Usually	Usually
Fever	Rarely	Never	Usually
Onset	Gradual	Immediate	Sudden/Worsens Quickly
Diarrhea	Never	Never	Sometimes
Vomiting	Rarely	Never	Sometimes

*Adapted from National Institute of Allergy & Infectious Diseases

If any symptoms worsen or change, even after you have seen your physician, you should report these changes to your physician since they could indicate the condition is worsening and or you may have a secondary condition that needs to be treated.