ALLERGIES OR A COLD?

Do you have a runny nose?

No

What part of the body do you experience the most discomfort?

Eyes, nose and throat

Yes

What color is your mucus?

Clear

Do you have a fever?

No

Are you itchy in those areas?

No

My symptoms come on fast and taper off fairly quickly

You may have allergies

Yes

My symptoms occur seasonally and/or for extended periods of time

You may have a cold

CALL YOUR DOCTOR IF

- Your symptoms last longer than two weeks.
- Your symptoms worsen or you develop new symptoms, as you could have another type of infection.
- You have a sore throat or fever higher than 100 degrees for longer than three days.
- You’re experiencing intense chest pain and shortness of breath.

SOURCES
Johns Hopkins otolaryngologist Sandra Lin, M.D.
Johns Hopkins Medicine Health Library