

Is it a cold, the flu, or allergies?

Use this table to check your child's symptoms. If you can identify the problem, it can be easier to help your child get relief.

	COLD	FLU	ALLERGIES
Fever	MAYBE	YES	NO
Sore throat	YES	MAYBE	MAYBE
Cough	YES	YES	NO
Itchy throat or nose	NO	NO	YES
Sneezing	YES	MAYBE	YES
Stuffy or runny nose	YES	MAYBE	YES
Itchy, watery eyes	NO	NO	YES
Chest congestion	YES	YES	NO
Muscle aches	MAYBE	YES	NO
When symptoms start	Gradually	Suddenly	On contact with allergy trigger (pollen, animal dander)
How long	Up to 2 weeks	3 to 7 days (typically)	Weeks or months
Contagious	YES	YES	NO

What can you do to provide symptom relief?

Ask your child's healthcare professional about over-the-counter medicines, like Children's **TYLENOL**®, Children's **MOTRIN**®, or Children's **ZYRTEC**®.

See next page for tips on relieving symptoms ►