

IS IT A COLD OR ALLERGY?

It isn't easy to tell the difference between cold and allergy. This chart from the American Academy of Pediatrics can help.

SYMPTOM	ALLERGY	COLD
Itchy nose	Common	No
Watery eyes	Common	Could be a symptom, but less common
Runny nose	Clear, watery mucus	Thick, white mucus
Cough	Occasionally	More common
Chest Discomfort	Occasionally	More common
Fever	Very rare	More common
Fatigue	Very rare	Sometimes

Here are some websites with helpful tips in dealing with allergies or colds:

<http://www.kidshealth.org/parent/medical/allergies/allergy.html>

<http://www.kidshealth.org/teen/infections/common/colds.html>