IS IT ALLERGIES OR A COLD?

Sneezing? Check. Coughing? Check. Tired? Definitely. So do you blame your insufferable state on your hacking, sniffling officemate or the pollen floating in the air? It can be difficult to tell the difference between an allergy attack and the common cold—the two share many symptoms. But knowing which ailment you're suffering from can help you get the treatment you need to feel better.

Get a professional opinion. Call 1.800.4BAYlor or visit FindDrRight.com for a physician referral.

The Long & Short of It

The average cold lasts three to 14 days.

Allergy symptoms can last weeks—six weeks during ragweed and grass pollen seasons.

How Many?!

40 million
The number of Americans who suffer from indoor or outdoor allergies as their main allergy.

17 million
The number of outpatient office visits nationwide due to allergies. The majority take place in spring and fall.

1 to 3
The number of colds the average adult catches each year; for kids, it’s two to six.

>200
The number of different viruses that can cause the common cold.

Identify Your Symptoms

Use this chart to help you determine if you have allergies or a cold.

ALLERGY SYMPTOMS

Runny nose with clear discharge
Itchy eyes, nose or throat
Wheezing

COLD SYMPTOMS

Runny nose with yellow or green discharge
Muscle aches
Mild fever

BOTH

Sneezing
Coughing
Congestion
Fatigue
Headache

What Sets You Off?

The most common allergy triggers are:

- Tree, grass and weed pollen
- Mold spores
- Dust mite and cockroach allergens
- Cat, dog and rodent dander

Put a Stop to the Sniffles

If you think you may be suffering from seasonal allergies, talk to your doctor. To schedule an appointment with a physician on the medical staff at Baylor, call 1.800.4BAYlor or visit FindDrRight.com.

WASH ME
The best line of defense against the common cold: hand washing. Make sure you wash for 20 seconds—the time it takes to sing “Happy Birthday” twice.