

# Do You Have Allergies, a Cold, or the Flu?

**Circle your symptoms.** Once you've finished, hand this sheet to your pharmacist so he or she can help determine the best treatment for you.

## Common allergy, cold, and flu symptoms

### ALLERGIES

Clear/blue-tinged mucus

Itchy ears, nose, throat

Rapid sneezing

Seasonal symptoms

Symptoms >10 days

Symptoms year-round

(>4 days/week AND >4 weeks/year)

### BOTH

✓ Runny nose

✓ Nasal congestion

✓ Red, watery eyes

### COLD/FLU

Fever

Sore throat

Thick/yellow mucus

Hacking cough

Muscle aches

Chills

Strong initial symptoms

