

The Differences Between Allergies and Colds

	Allergy	Cold
Cause	Exposure to an allergen*	Virus
Symptoms	<ul style="list-style-type: none"> • Sneezing • runny or stuffy nose • watery, itchy eyes • coughing • itchy throat • postnasal drip that stays clear 	<ul style="list-style-type: none"> • sneezing • runny or stuffy nose • watery or itchy eyes • coughing • sore, scratchy throat • dull headache • achy feeling in entire body
Fever	Not common	Possible
Contagious	No	Yes
Duration	As long as your child is exposed to the allergen	One week to 10 days

*allergen = allergy triggers.