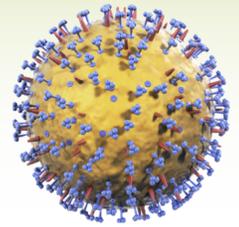


# The Pollen

## Issue N°14 -Cold and Flu vs. Allergy



Flu Virus

Each year around fall time, people often mistake seasonal allergy symptoms for the flu or a cold. This issue of The Pollen highlights the symptoms of each for your reference.

The below comparison between the symptoms of allergy, flu, and colds from the Mayo Clinic:

Symptom	Cough	General Aches and Pains	Fatigue	Itchy Eyes	Sneezing	Sore Throat	Runny Nose	Stuffy Nose	Fever
<b>Allergy</b>	Sometimes	Never	Sometimes	Usually	Usually	Sometimes	Usually	Usually	Never
<b>Flu</b>	Usually	Usually	Usually	Never	Sometimes	Sometimes	Sometimes	Sometimes	Usually
<b>Cold</b>	Usually	Sometimes	Sometimes	Rarely	Usually	Usually	Usually	Usually	Rarely



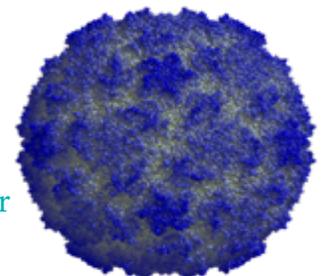
Pollen

There are several common symptoms associated with all three diagnoses. All present, in varying frequency, with sneezing, runny and stuffy nose. However, there are a few important differences between a cold, the flu and allergies that are not related to symptomatology. Those differences lay specifically in the onset of symptoms and treatment.

The onset of symptoms, for both the flu and allergies come on suddenly. The flu often starts with an abrupt onset of fever; headache, body aches and fatigue and allergy symptoms come on all at once as soon as you are exposed to the offending allergen. The onset of colds can take longer, with symptoms appearing one at a time: first sneezing, then a runny nose, then congestion. Oftentimes symptoms take days to appear. Although these differences appear to be clear on paper, a good way to validate that your symptoms are from allergies is to remove yourself from the environment in which you are symptomatic. If your symptoms resolve, they are most likely from exposure to allergens. However, if your symptoms continue or worsen, you may be experiencing symptoms of the flu or a cold.

Short term symptom relief for allergies consists taking a short-acting (Benadryl) or long-acting (Claritin) anti-histamine or nasal steroids, avoiding contact with the allergen. The long term and most effective treatment for allergies consist of receiving immunotherapy. The common cold has no real treatment and will go away on its own. However, its symptoms can be treated with rest, pain relievers, and decongestants. Similarly, with the flu, if caught early, an antiviral can be taken, otherwise the flu will eventually go away with plenty of rest.

Although this offers further understanding of what you may be experiencing, a medical assessment by your healthcare provider and diagnostic testing for each is the only way to accurately diagnose the cause of your symptoms. Talk to your doctor today.



Cold Virus