

Cold + Flu + Allergies Symptom Checker

Not Sure What You Have?

Start Here

Is It A Cold, The Flu, Or Allergies?

Use this quick guide to compare your symptoms.

	COLD	FLU	ALLERGIES
Fever	Rare	Common, often high	Never
Onset	Gradual	Sudden	Gradual
Duration	7 to 10 days	1 to 2 weeks	Weeks to months
Nasal Drainage	Watery, then thicker	Can occur	Watery, clear

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	COLD	FLU	ALLERGIES
Itchy eyes or throat	Rare	Rare	Very common
Body aches	Mild	Common, often severe	Never
Timing pattern	Anytime	Fall and winter	Same time every year
Fatigue	Mild	Significant	Mild



When To Stop Self-Managing And Call An ENT

If any of the following apply, it is time to get checked:

1. Symptoms have lasted more than 10 days with no improvement
2. The same symptoms return every fall or spring
3. You are experiencing significant sinus pressure or facial pain
4. Nasal drainage is thick, discolored, or has an odor
5. OTC medications are not providing meaningful relief
6. Congestion is affecting your sleep or daily routine
7. You have had more than two sinus infections this year

A Note On Allergies:

Allergies are often mistaken for recurring colds. If your symptoms show up the same time every year and linger for weeks, **an allergy evaluation can give you real answers.**

Ready To Get Answers?

If your symptoms aren't improving on their own, ENT Medical Services can help you understand what is going on.

319.351.5680

www.entmedicalservices.org

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