I am going to describe the symptoms of hay fever and common cold.

Hay fever usually comes with red eyes, running nose, itchy eyes, throat or ears and sneezing. On the other hand, common cold causes fever, sore throat, coughing and running nose.

Hay fever is often a problem in Summer, but the common cold usually in Winter.

The hay fever is more likely an allergy, so you can’t cure it, but you can make the symptoms better. You should wash your hair more often, take pills, use nasal spray and eyedrops. To talk about the common cold, it cures over time, so you should stay at home and rest for about a week, drink a lot and take painkiller if necessary. To prevent catching it eat a lot of fruits and take vitamins. I have never had hay fever and it is unusual to catch a common cold for me.

Sometimes I have sore throat in mornings or maybe I feel it all day, but it lasts for about 2-3 days.