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.

ALLERGIES COLD/FLU

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

Loss of energy

Fever

Sore throat

Thick/yellow mucus

Hacking cough

Muscle aches

Chills

Strong initial symptoms

