



# Cold vs. Allergy Symptoms

Symptom	Cold	Allergy
<b>Duration</b>	Symptoms typically <b>resolve spontaneously</b> within a week or two with a cold.	Symptoms <b>can persist</b> for days to months with allergies (as long as allergic triggers remain present).
<b>Time of Year</b>	Colds occur most often in the <b>winter</b> , but can occur any time.	Allergies can occur any time of year, but the appearance of some allergens (such as pollens) and allergy symptoms are <b>seasonal</b> .
<b>Fever</b>	Fever occurs <b>sometimes</b> with a cold.	Fever is <b>never</b> caused by allergies.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is <b>often</b> present with a cold.	A hacking, productive (mucus-producing) cough is <b>sometimes</b> present with allergies.
<b>Aches</b>	Slight body aches and pains <b>can be</b> part of a cold.	Body aches and pains <b>never</b> occur with allergies.
<b>Chills</b>	Chills are <b>uncommon</b> with a cold.	Chills <b>never</b> occur with allergies.
<b>Sneezing</b>	Sneezing is <b>often</b> present with a cold.	Sneezing is <b>commonly</b> present with allergies.
<b>Sudden Symptoms</b>	Cold symptoms <b>tend to develop</b> over a few days.	Allergy symptoms <b>can begin immediately</b> after exposure to an allergen. They can also have a delayed onset.
<b>Headache</b>	A headache is <b>fairly uncommon</b> with a cold.	A headache is <b>fairly uncommon</b> with allergies, but sinus pressure or infections can occur with more frequency.
<b>Sore Throat</b>	Sore throat is <b>commonly present</b> with a cold.	Sore throat is <b>sometimes present</b> with allergies.
<b>Chest Discomfort</b>	Chest discomfort is <b>mild to moderate</b> with a cold.	Chest discomfort is <b>rare</b> with allergies, unless there is associated asthma.

If you are having a problem that is not getting better, contact one of our board certified physicians. We're in your neighborhood.