



Here's how you differentiate **common cold** and **allergies** in your child

| Characteristics | Cold | Allergies |
|-------------------|---|--|
| How long it lasts | 3-14 days | Days to months. As long as there is a trigger. |
| When it happens | Winters, but possible at any time of the year | Some are seasonal but can happen any time of time the year |
| When it starts | Few days after infection | Immediately after trigger contact |

| Symptoms | Cold | Allergies |
|---------------------|-----------|-----------|
| Cough | Often | Sometimes |
| Sneezing | Often | Often |
| Aches | Sometimes | Never |
| Fatigue | Sometimes | Sometimes |
| Fever | Rarely | Rarely |
| Itchy & watery eyes | Rarely | Often |
| Sore throat | Often | Sometimes |
| Runny / stuffy nose | Often | Often |

Disclaimer: The most important difference is that colds usually don't last longer than 14 days (about 2 weeks). It is advised to see a doctor if the symptoms persist after 2 weeks as it could be due to an allergy or signs of another problem.

Wellbeing On the Web has a prescription for every nose.



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