

***If you answer "yes" to most of these questions, you likely have the flu.
Seek medical attention during the first 48 hours of illness by calling your doctor.***

Flu

- Did your symptoms come on quickly?
- Do you have a fever?
- Do your head and muscles ache?
- Do you have chills?
- Do you have a dry cough and nose?
- Has your appetite decreased?

Treatment: Medication to reduce fever and manage aches, such as ibuprofen (Advil, Motrin) or acetaminophen (Tylenol). Stay hydrated. In certain cases, antiviral medication may be prescribed by your doctor. If symptoms persist or worsen despite treatment, contact your doctor.

If you answer "yes" to most of these questions, chances are you have the common cold.

Common Cold

- Do you have a mild fever or no fever at all?
- Do you feel a bit "under the weather"?
- Do you have a cough and/or runny nose?
- Is your throat sore?

Treatment: Rest, pain relievers, over-the-counter cold remedies, such as decongestants. If you have a fever for more than three days, call your doctor.

If you answer "yes" to most of these questions, chances are you have seasonal allergies.

Allergies

- Do you have itchy eyes, runny nose or sneezing, especially after exposure to allergens?
- Do you have a dry or sore throat (from nasal drip)?
- Do you have a cough or fatigue?

Treatment: Over-the-counter antihistamines and decongestants; avoid exposure to allergens (the substance that causes your allergic response) where possible. If these treatments are not effective, visit your physician for testing and/or further treatment.