

# Is It a Cold or Allergies?

Review these symptoms to determine if you might be suffering from a cold or an allergy.

## I HAVE:

- ✓ Fever
- ✓ Mucous  
that is yellow or green in color
- ✓ Sore throat
- ✓ Coughing
- ✓ Fatigue

More than likely you have a cold. Colds will usually resolve after 10 days. If symptoms persist, see your primary care physician.

## I HAVE:

- ✓ Stuffy or runny nose with clear drainage
- ✓ Itchy eyes
- ✓ Frequent sneezing
- ✓ Itching
- ✓ Rash/Hives

More than likely it is allergies, there are many other symptoms depending on the allergy. Consult your primary care physician or allergist to find out what treatments might be best for you.

Need an appointment now?

Visit one of our walk-in or urgent care centers near you.

Go to [hcamidwest.com/urgentcare](http://hcamidwest.com/urgentcare) for a complete list of locations.

