

Symptom/Characteristic	Cold	Flu	Allergies
Duration	3-14 days	3-4 days with fever, weakness can persist much longer.	Days to months, as long as you are exposed to the allergen
Time of year	More common in Winter, but anytime	More common in Winter, but anytime	Anytime, but the appearance of some allergens is seasonal.
Onset of Symptoms	Symptoms take a few days to appear after infection.	May take up to 5 days for symptoms to appear.	Symptoms begin immediately after exposure to allergen
Cough	Mild to Moderate, hacking cough	Common, can be severe	Sometimes
Body Aches	Sometimes	Usual, often severe	Never
Fatigue/Weakness	Mild	Can last 2 - 3 weeks	Sometimes
Fever	Rarely	Characteristic, high, lasts 2 - 3 days	Never
Headache	Rare	Usually, often severe	Not often
Exhaustion	Never	Early and prominent	Never
Sore throat	Often	Sometimes	Sometimes
Runny Nose	Often, usually yellow mucous	Sometimes, watery	Often, usually clear mucous
Red, watery eyes	Never	Often	Often, usually itchy



