

# Is it a cold, the flu, or allergies?

Use this table to check your symptoms. If you can identify the problem, it can be easier to get relief.

	COLD	FLU	ALLERGIES
<b>SYMPTOMS</b>	Gradual over 48 hours; lasts up to 2 weeks	Sudden; lasts 2-7 days	On contact with allergen (pollen, dust mites, mold); lasts weeks to months
 <b>Fever</b>	Maybe	Yes	Never
 <b>Sore throat</b>	Yes	Maybe	No
 <b>Cough</b>	Yes	Yes	No
 <b>Itchy throat or nose</b>	No	No	Yes
 <b>Sneezing</b>	Yes	No	Yes
 <b>Stuffy or runny nose</b>	Yes	Maybe	Yes
 <b>Itchy, watery eyes</b>	No	No	Yes
 <b>Chest congestion</b>	Yes	Maybe	No
 <b>Muscle aches</b>	Maybe	Yes	Never

# How to ease your symptoms

## TYLENOL®

### Relieve cold and flu symptoms

- **Drink lots of fluids** to loosen congestion – Avoid alcohol
- **Use saline (salt water) drops** to clear a stuffy nose
- **Put a cool-mist humidifier** near your bed to ease congestion
- **Choose a TYLENOL® product** that treats your specific symptoms
- Talk to your doctor if you have any questions or concerns

	TYLENOL® Extra Strength Caplets	TYLENOL® Cold + Flu Severe Day/ Night Caplets	TYLENOL® Cold + Flu Severe Warming Honey Lemon Liquid
<b>Fever</b>	●	●	●
<b>Muscle aches, pains</b>	●	●	●
<b>Sore throat</b>		●	●
<b>Cough</b>		●	●
<b>Stuffy nose</b>		●	●
<b>Chest congestion</b>		●	●

Many cold, flu, and pain/fever medicines share the same ingredients. To be sure you're using these medicines safely, always read and follow the label, and take **ONLY 1** medicine that contains the same kind of active ingredient at a time.

Get more tips at [Tylenol.com](http://Tylenol.com)



### Relieve allergy symptoms

#### Outdoor allergies:

- Rinse your face and eyes to remove pollen
- Keep windows closed during allergy seasons

#### Indoor allergies:

- Use a vacuum with a high-efficiency (HEPA) filter weekly
- Wash your bedding weekly in hot water

	ZYRTEC® Liquid Gels	ZYRTEC® Tablets	ZYRTEC-D®
<b>Sneezing</b>	●	●	●
<b>Runny nose</b>	●	●	●
<b>Itchy, watery eyes</b>	●	●	●
<b>Itching of the nose and throat</b>	●	●	●
<b>Nasal congestion</b>			●

Get more tips at [Zyrtec.com](http://Zyrtec.com)