

SYMPTOMS QUIZ

Is it a COLD? Or could it be ALLERGIES?

The symptoms are often so similar, it can be hard to tell what you're suffering from. This quiz can help.

What symptoms do you have? (Check all that apply)

- Itchy, watery eyes Sneezing Itchy nose or throat Sinus congestion
- Runny nose (thin, clear discharge) Coughing

Do your symptoms last for several weeks at a time? Yes No

Do they tend to come and go with the seasons? Yes No

Do your symptoms occur when you're outdoors? Yes No

Do your symptoms occur when you're indoors? Yes No

Does at least one of your parents have upper respiratory allergies? Yes No

Have you been treated for upper respiratory allergies before? Yes No

If you checked most of the symptoms and answered "YES" to most or all of the questions, you may have allergies. Show this to your healthcare professional.



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