

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
SYMPTOMS	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
 Fever	Maybe	Yes	No
 Sore throat	Yes	Maybe	Maybe
 Cough	Yes	Yes	No
 Itchy throat or nose	No	No	Yes
 Sneezing	Yes	Maybe	Yes
 Stuffy or runny nose	Yes	Maybe	Yes
 Itchy, watery eyes	No	No	Yes
 Chest congestion	Yes	Yes	No
 Muscle aches	Maybe	Yes	No
 How long	Up to 2 weeks	3 to 7 days (typically)	Weeks or months
 Contagious	Yes	Yes	No

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
Fever	●	●	●
Muscle aches, pains	●	●	●
Sore throat		●	●
Cough		●	●
Stuffy nose		●	●
Chest congestion		●	●

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](https://www.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

Get more tips at [Zyrtec.com](https://www.zyrtec.com)

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