

# COUGH: IT'S-S-S-NOT THAT SIMPLE

*Optimizing Management of Congestion and Cough in Cold, Flu, and Allergy Patients*

A C M E R O U N D T A B L E A C T I V I T Y™



## Cold vs Flu vs Allergy

SYMPTOM	COLD	FLU	ALLERGY
<b>ONSET</b>	Slower onset starts with scratchy or sore throat after 1-3 days of exposure	Abrupt onset after 2 days of exposure	Varies
<b>DURATION</b>	3-10 days	3-7 days but cough can persist up to 2 wks.	Days to months as long as exposed to the allergen
<b>COUGH</b>	Mild to moderate	Can become severe	Not often
<b>SNEEZING</b>	Very common	Sometimes	Very common
<b>RUNNY OR STUFFY NOSE</b>	Very common	Sometimes	Very common
<b>HEADACHE</b>	Rare	Very common	Rare
<b>FEVER</b>	Rare	Common and usually 100-102° F and lasts 3-4 days	No
<b>GENERALIZED ACHES</b>	Rare/mild	Very common and can be severe	No
<b>SORE THROAT</b>	Very common	Sometimes	Sometimes (postnasal drip)
<b>RASH</b>	No	No	Sometimes (esp. around mouth or eyes)
<b>PRIMARY SEASON</b>	August-April	Winter	March-September (seasonal) or year-round