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PEDIATRICS

The makers of **Children's TYLENOL**

**Children's Motrin**



# Is it a cold or allergies?

Symptoms are often similar. Use this table to learn about typical symptoms and to help tell a cold from allergies. While there is no cure for a cold or allergies, you can comfort your child by providing symptom relief.



Fever

COLD	ALLERGIES
MAYBE	NEVER

Sore throat + cough

YES	NO
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Itchy throat or nose

NO	YES
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Sneezing

YES	YES
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Runny nose

YES Thick, discolored	YES Watery, clear
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Itchy, watery eyes

NO	YES
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How long

Up to 2 weeks	Weeks to months
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Contagious

YES Colds are caused by viruses	NEVER Allergies are caused by pollen, mold, dust mites, etc
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# How to ease your child's symptoms

## RELIEVE COLD SYMPTOMS

### Clear a stuffy nose

- Put a cool-mist humidifier near your child's bed
- Use saline (salt water) nose drops or spray
- For a baby: suck out mucus with a rubber bulb after using nose drops or spray

### Keep giving liquids

- Have your child drink a lot of water and other liquids. If your child won't drink, try a frozen treat
- For a baby: offer extra formula or breast milk throughout the day

### Try pain and fever medicine

- Infants' & Children's TYLENOL® and Infants' & Children's MOTRIN® relieve the pain and fever of colds

Be prepared with the #1 pediatrician-recommended brands for pain and fever relief. Learn more at [TYLENOL.COM](http://TYLENOL.COM) and [MOTRIN.COM](http://MOTRIN.COM)

## RELIEVE ALLERGY SYMPTOMS

### Reduce the pollen your child breathes in

- Rinse face and eyes after time outside to remove pollen
- Keep windows closed during allergy season

### Reduce dust and dust mites

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

### Try allergy medicine

- Children's ZYRTEC® relieves sneezing; runny nose; itchy, watery eyes; and itching of the nose and throat for children ages 2 and older
  - For children under age 2, ask your healthcare professional

Children's ZYRTEC® is the #1 pediatrician-recommended brand\* for children's allergies.

Get more tips at [ZYRTEC.COM](http://ZYRTEC.COM)

\*Among over-the-counter oral antihistamines.

Ask your healthcare professional about over-the-counter medicines, like Children's TYLENOL®, Children's MOTRIN®, or Children's ZYRTEC®.

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