

The Difference Between Cold and Allergies - How to Recognize an Allergy

Now, a Health Minute.

Do you have a lingering cold, or is it allergies?

Colds are caused by viruses and are easily transferred from person to person.

While an allergy is the body's response to a substance that the immune system mistakenly believes to be harmful.

Cold symptoms can develop at anytime and can usually last from 2 to 14 days.

Allergies are usually seasonal, start at the same time every year, and can last for months.

Nasal congestion and decreased smell always occur in colds but may not be present in allergies.

In addition, allergy symptoms can include: hives, sinus pain, wheezing, shortness of breath, and itchy: eyes, ears, lips, and throat.

If you think you may have allergies, keep track of the timing and type of symptoms and talk to your healthcare provider about relief.