

# Is it a cold or allergies?

Here are some Key facts to help you identify what is causing your agony!



## COLD

## Allergies

Stuffy or runny nose	Usually	Usually
Sneezing	Usually	Usually
Itchy, watery or red eyes	<b>RARELY</b>	Usually
Symptoms lasting over 10 days	<b>RARELY</b>	Usually
Sore throat	Usually	Sometimes
Dark circles under eyes	Sometimes	Usually
Cough	Usually	Sometimes
General aches and pains	Sometimes	<b>NEVER</b>
Fever	Sometimes	<b>NEVER</b>

Here are some helpful tips to get you through the season...



## Porter Medical Associates

- ✓ Shower nightly to get rid of any allergens that may be clinging to your skin and hair.
- ✓ Minimize being outdoors during peak allergy season.
- ✓ Bath or wipe down outdoor pets.
- ✓ Receive permanent relief by getting allergy tested and treatment TODAY at Porter Medical Associates in one of our convenient locations.

Find us @ (210)341-9614 [WWW.PORTERMEDICALASSOCIATES.COM](http://WWW.PORTERMEDICALASSOCIATES.COM)