

From the makers of **TYLENOL®** & **ZYRTEC®** –

# Is it a cold, the flu, or allergies?

Need help understanding your symptoms?  
Identifying the problem can help you get relief!  
Talk to your doctor if you have any questions or concerns. These symptoms are typical but they can vary from person to person.



\*Product eligibility may vary by plan.

SYMPTOMS	COLD	FLU	ALLERGIES
	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	May present	Yes	No
Sore throat	Yes	May present	No
Cough	Yes	Yes	No
Itchy throat or nose	No	No	Yes
Sneezing	Yes	May present	Yes
Stuffy or runny nose	Yes	May present	Yes
Itchy, watery eyes	No	No	Yes
Chest congestion	Yes	Yes	No
Muscle aches	May present	Yes	No



Relieve cold and flu symptoms

- **Drink lots of fluids** to loosen congestion – Avoid alcohol
- **Try saline drops** to clear nasal passages and open airways
- **Put a cool-mist humidifier** near your bed to ease congestion
- **Choose a TYLENOL® product** that temporarily relieves 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
Fever	•	•
Muscle aches, pains	•	•
Sore throat		•
Cough		•
Stuffy nose		•
Chest congestion		•

\*Daytime product only.

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)

Ask your doctor for a recommendation on which product may be best for managing your symptoms.



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

