



How to identify allergies in kids

It's not always easy to know if your kids have allergies. Some seasonal allergies are caused by grass, trees and pollen. Others are environmental, including pet allergies. Symptoms can be confusing and you may wonder if actually a cold or the flu. This chart can help.

	Allergies	Colds	Flu
Body aches, fatigue	Rare	Common	Severe
Circles under eyes	Common	Never	Rare
Coughing	Dry	Hacking	Severe
Difficulty breathing	Mild	Common	Common
Fever, chills	Never	Mild	Severe
Headaches	Common	Rare	Common
Itchy ears	Common	Rare	Never
Itchy, watery eyes	Common	Rare	Rare
Runny, stuffy nose	Common	Common	Common
Sneezing	Common	Common	Common
Sore throat	Rare	Common	Rare
Tiredness	Common	Common	Severe

Due to COVID-19, children experiencing allergy or cold symptoms should check in with a health care professional.



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