

health hints

Colds vs. Allergies

(NAPSA)—To knock out either a cold or an allergy, knowing the difference between the two is important for planning an attack.

The symptoms of an allergy include runny or stuffed-up nose, sneezing, wheezing and watery and itchy eyes. If the allergen is present year-round, symptoms



Saline gel can help relieve the nasal discomfort associated with colds and allergies.

may be chronic. Cold symptoms can include fever, aches and pains, and a sore and scratchy throat that clear up within several days to a week.

The best course of action for overcoming a cold is to let it run its course. Get adequate rest, drink lots of fluids and eat nutritiously. Over-the-counter medications, like an oral decongestant or Ayr Saline Nasal Gel, may help alleviate symptoms by providing much needed moisture to the affected area.

There are no cures for allergies, save for avoiding the allergens. Prescription and over-the-counter medications can treat allergies, as can allergy shots. Meanwhile, products like Ayr Saline Nasal Gel can help reduce irritation in nasal passages.

To learn more, visit the Web site at www.bfascher.com.