

PAR *vs* THE FLU

Know the difference between perennial allergic rhinitis (PAR) and the flu. Download and bring this chart to your next doctor's appointment.

ONSET

Gradual & lingering. Symptoms come and go but never fully leave.



ONSET

Sudden & intense. Hits all at once. You may name the hour you got sick.

DURATION

Chronic. Lasts as long as you are exposed to dust, mold, or dander.



DURATION

Acute. Usually lasts 1–2 weeks.

PRIMARY AREAS AFFECTED

Nose & sinuses. Sneezing, post-nasal drip, and sinus pressure.



PRIMARY AREAS AFFECTED

Whole body. Head-to-toe exhaustion, cough, and chest discomfort.

FATIGUE

Muted. Feels like a "mental fog" or poor sleep.



FATIGUE

Crushing. Extreme exhaustion is a hallmark symptom.

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