

## POLLEN ALLERGY INFORMATION

Pollen encompasses the broad categories of trees, grass and weeds. Pollen counts are higher on dry and windy days and lower on humid and rainy days. While these “plants” are growing throughout the spring and fall, it is important to note that they only release pollen and cause symptoms during certain weeks/months in the year:

**Trees:** March through late May (peak time—early morning)

**Grasses:** April through July (peak time—afternoon)

**Weeds/Ragweed:** August through first frost (peak time—late morning)

Most flowers are pollinated by insects and are generally not offensive to the allergic individual. Flowers release fragrances that can cause allergy-like symptoms, but these are not true allergies.

### Tips to Reduce Exposure and Symptoms from Seasonal Allergies:

- The pollen count is the highest between 5 a.m. and mid-afternoon, so special attention should be given to outdoor activities during these hours.
- Keep windows closed in the home and car. If possible, use air-conditioning, which cleans and dries the air. Do NOT put a fan in an open window.
- Shower and wash your hair every night before going to bed to remove the pollen. Launder clothes after being worn when outdoors.
- When outdoors, wear sunglasses and hats to reduce direct exposure. Consider wearing a filtered mask.
- Do NOT mow lawns or be around freshly cut grass.
- Do NOT hang clothing outside. They will collect pollen.
- Wash your hands often to reduce inadvertent exposure of allergens to your eyes and nose.
- Change HVAC air filters monthly.