

# Global Warming Making Spring Allergies Bloom Earlier

RESEARCHERS SAY GLOBAL WARMING IS LEADING TO LARGER PLANTS AND EARLIER AND STRONGER POLLINATION

## What You Can Do

Start early on allergy medication – trees may bud early, so **don't wait to take medicine**

**Take antihistamines at night** – their effectiveness peaks in the morning

**Nasal washes are a natural alternative** - follow proper water prep guidelines

In U.S. and Canada, ragweed season is up to **27 days longer.**

**385 plant species** in Europe are blooming earlier than ever.

Allergic rhinitis generates more than **12 million doctor visits** each year.

**35 million Americans** are allergic to pollen and mold.

## Common spring allergies

- Tree and grass pollen
- Mold spores
- Dust mites & cockroaches
- Animal dander

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