

2023 BEST AND WORST CITIES for Seasonal Allergies



20 Best Cities

- | | |
|----------------------------|-------------------------------|
| 1. Buffalo, New York | 11. Atlanta, Georgia |
| 2. Seattle, Washington | 12. Louisville, Kentucky |
| 3. Cleveland, Ohio | 13. Dayton, Ohio |
| 4. Austin, Texas | 14. San Francisco, California |
| 5. Akron, Ohio | 15. New York, New York |
| 6. Washington, D.C. | 16. Madison, Wisconsin |
| 7. Detroit, Michigan | 17. San Jose, California |
| 8. Albuquerque, New Mexico | 18. Indianapolis, Indiana |
| 9. Columbus, Ohio | 19. Ogden, Utah |
| 10. Salt Lake City, Utah | 20. Birmingham, Alabama |

20 Worst Cities

- | | |
|--------------------------------|--------------------------------|
| 1. Wichita, Kansas | 11. Virginia Beach, Virginia |
| 2. Dallas, Texas | 12. Houston, Texas |
| 3. Scranton, Pennsylvania | 13. Little Rock, Arkansas |
| 4. Oklahoma City, Oklahoma | 14. Miami, Florida |
| 5. Tulsa, Oklahoma | 15. Lakeland, Florida |
| 6. Sarasota, Florida | 16. Raleigh, North Carolina |
| 7. Cape Coral, Florida | 17. Palm Bay, Florida |
| 8. Orlando, Florida | 18. Tampa, Florida |
| 9. Des Moines, Iowa | 19. Greensboro, North Carolina |
| 10. Greenville, South Carolina | 20. Rochester, New York |

This list is based on pollen counts, medication use and number of allergists. Source: The Asthma and Allergy Foundation of America, 2023

SEASONAL ALLERGY SYMPTOMS

Itchy eyes, nose, throat

Runny nose

Sneezing

Watery eyes

Stuffy nose

10 TIPS to Prevent and Manage Allergies

Take allergy medication before you have allergy symptoms.



Use a central air conditioner if possible.



Take doctor-recommended medicines & treatments consistently.



Use a scarf or mask on windy days.



Change clothes after being outside.



Wash your hands & body after being outside.



Use a saline nasal wash.

Stay inside when allergen levels are high.



Keep car & home windows closed.



Get help with yardwork during your allergy season.