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

TIPS to Prevent and Manage Allergies

1. Take allergy medication before you have symptoms.
2. Change clothes after being outside.
3. Wash your hands & body after being outside.
4. Stay inside when allergen levels are high.
5. Use a central air conditioner if possible.
6. Take doctor-recommended medications & treatments consistently.
7. Use a scarf or mask on windy days.
8. Use a saline nasal wash.
9. Get help with yardwork during your allergy season.
10. Keep car & home windows closed.

TIPS

1. Take allergy medication before symptoms occur.
2. Change clothes after being outside.
3. Wash your hands & body after being outside.
4. Stay inside when allergen levels are high.
5. Use a central air conditioner if possible.
6. Take doctor-recommended medications & treatments consistently.
7. Use a scarf or mask on windy days.
8. Use a saline nasal wash.
9. Get help with yardwork during your allergy season.
10. Keep car & home windows closed.

1. Wichita, Kansas
2. Baton Rouge, Louisiana
3. Las Vegas, Nevada
4. Grand Forks, North Dakota
5. Sacramento, California
7. San Jose, California
8. Indianapolis, Indiana
10. Flagstaff, Arizona

11. Anchorage, Alaska
12. Brooklyn, New York
13. Chattanooga, Tennessee
15. Cleveland, Ohio
16. Austin, Texas
17. Akron, Ohio
18. Washington, D.C.
19. Albuquerque, New Mexico
20. Madison, Wisconsin

1. Providence, Rhode Island
2. Portland, Oregon
3. Boise, Idaho
4. Minneapolis, Minnesota
5. Seattle, Washington
6. Denver, Colorado
7. Phoenix, Arizona
8. Provo, Utah
9. San Jose, California
10. San Diego, California
11. Madison, Wisconsin
12. Milwaukee, Wisconsin
13. Scranton, Pennsylvania
14. Richmond, Virginia
15. Oklahoma City, Oklahoma
16. Wichita, Kansas
17. Atlanta, Georgia
18. Louisville, Kentucky
19. Dayton, Ohio
20. San Francisco, California

16. Madison, Wisconsin
17. San Jose, California
18. Indianapolis, Indiana
19. Ogden, Utah
20. Birmingham, Alabama

11. Raleigh, North Carolina
12. Virginia Beach, Virginia
13. Houston, Texas
14. Little Rock, Arkansas
15. Jacksonville, Florida
16. Norfolk, Virginia
17. Asheville, North Carolina
18. Palm Bay, Florida
19. Greensboro, North Carolina
20. Rochester, New York

©2023 National Jewish Health
1.877.CALL NJH (877.225.5654)