

2020 BEST AND WORST CITIES for Seasonal Allergies



20 Best Cities

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|--------------------|---------------------|
| 1. Houston, TX | 11. Albuquerque, NM |
| 2. New York, NY | 12. Washington, DC |
| 3. San Antonio, TX | 13. Las Vegas, NV |
| 4. Boston, MA | 14. Riverside, CA |
| 5. Phoenix, AZ | 15. Birmingham, AL |
| 6. Fresno, CA | 16. Syracuse, NY |
| 7. Harrisburg, PA | 17. Providence, RI |
| 8. El Paso, TX | 18. Stockton, CA |
| 9. McAllen, TX | 19. Los Angeles, CA |
| 10. Tucson, AZ | 20. Austin, TX |

20 Worst Cities

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|--------------------|--------------------------|
| 1. Boise, ID | 11. San Francisco, CA |
| 2. San Diego, CA | 12. Minneapolis, MN |
| 3. Tulsa, OK | 13. Salt Lake City, UT |
| 4. Provo, UT | 14. Richmond, VA |
| 5. Rochester, NY | 15. Colorado Springs, CO |
| 6. Wichita, KS | 16. Little Rock, AR |
| 7. Raleigh, NC | 17. Toledo, OH |
| 8. Ogden, UT | 18. New Orleans, LA |
| 9. Spokane, WA | 19. Winston-Salem, NC |
| 10. Greenville, SC | 20. Lakeland, FL |

This list is based on pollen counts, medication use and number of allergists. Source: The Asthma and Allergy Foundation of America, 2026

SEASONAL ALLERGY SYMPTOMS

Itchy eyes, nose, throat

Runny nose

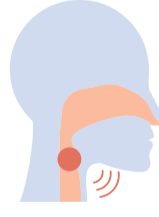
Sneezing

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.



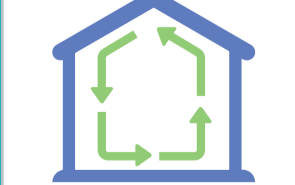
Change clothes after being outside.



Wash your hands & body after being outside.



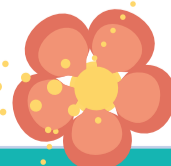
Keep car & home windows closed.



Use a saline nasal wash.



Stay inside when allergen levels are high.



Get help with yardwork during your allergy season.



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