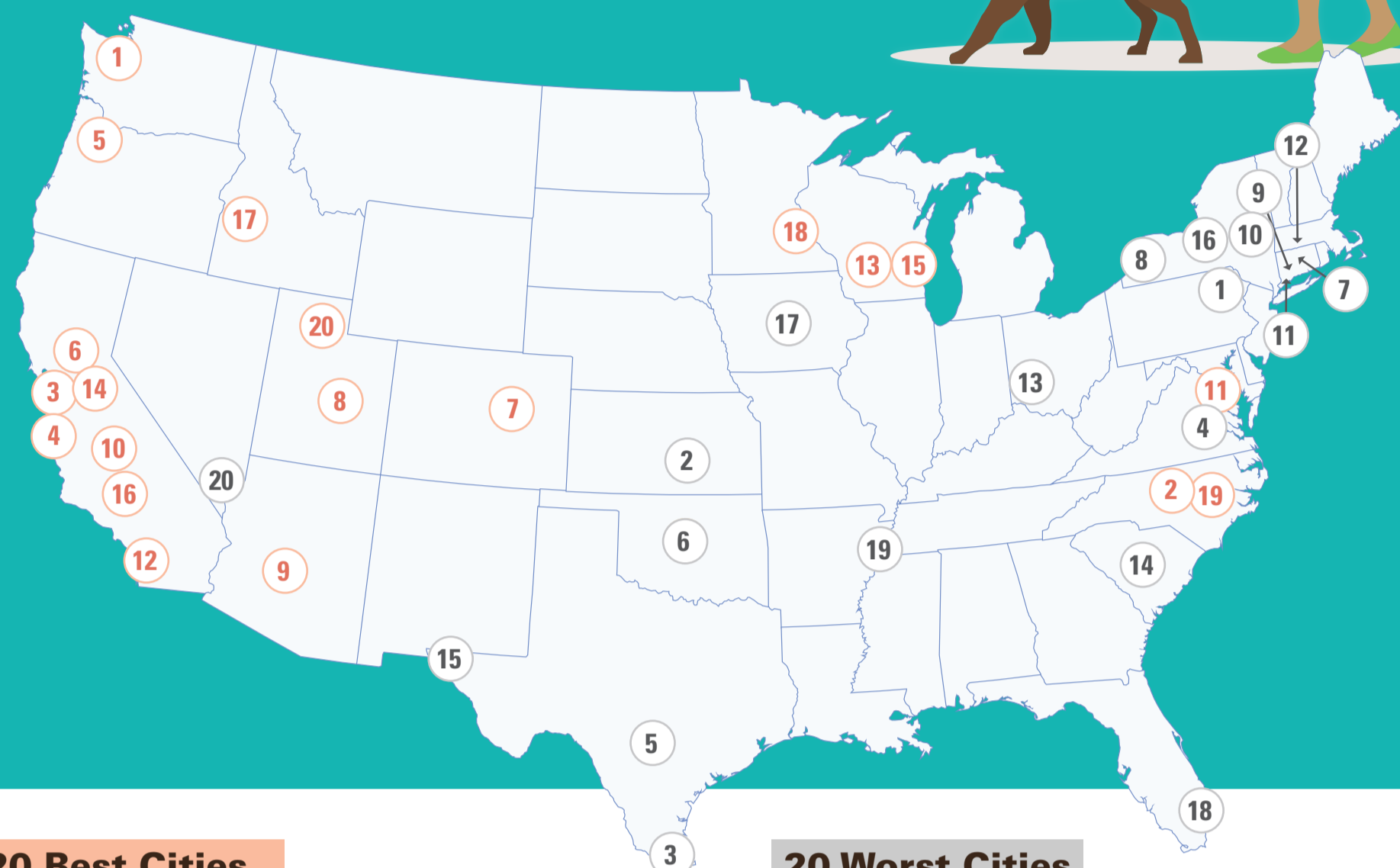


# 2020 BEST AND WORST CITIES for Seasonal Allergies



## 20 Best Cities

1. Seattle, Washington
2. Durham, North Carolina
3. San Francisco, California
4. San Jose, California
5. Portland, Oregon
6. Sacramento, California
7. Denver, Colorado
8. Provo, Utah
9. Phoenix, Arizona
10. Fresno, California
11. Washington, D.C.
12. San Diego, California
13. Madison, Wisconsin
14. Stockton, California
15. Milwaukee, Wisconsin
16. Bakersfield, California
17. Boise, Idaho
18. Minneapolis, Minnesota
19. Raleigh, North Carolina
20. Ogden, Utah

## 20 Worst Cities

1. Scranton, Pennsylvania
2. Wichita, Kansas
3. McAllen, Texas
4. Richmond, Virginia
5. San Antonio, Texas
6. Oklahoma City, Oklahoma
7. Hartford, Connecticut
8. Buffalo, New York
9. New Haven, Connecticut
10. Albany, New York
11. Bridgeport, Connecticut
12. Springfield, Massachusetts
13. Dayton, Ohio
14. Columbia, South Carolina
15. El Paso, Texas
16. Syracuse, New York
17. Des Moines, Iowa
18. Miami, Florida
19. Memphis, Tennessee
20. Las Vegas, Nevada

This list is based on pollen counts, medication use and number of allergists. Source: The Asthma and Allergy Foundation of America, 2022

## SEASONAL ALLERGY SYMPTOMS

Itchy eyes, nose, throat

Runny nose

Sneezing

Watery eyes

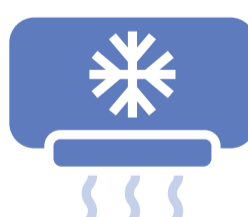
Stuffy nose

## 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.



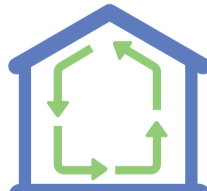
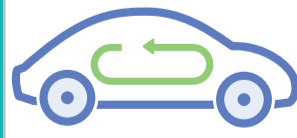
Use a scarf or mask on windy days.



Change clothes after being outside.



Wash your hands & body after being outside.

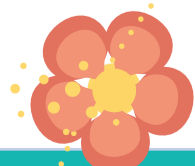


Keep car & home windows closed.



Use a saline nasal wash.

Stay inside when allergen levels are high.



Get help with yardwork during your allergy season.