

THE BEST & WORST CITIES for Spring Allergies

Best Cities for Spring Allergies

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|-----------------------|--------------------------|
| 1. Durham, NC | 11. Wichita, KS |
| 2. Provo, UT | 12. Madison, WI |
| 3. Milwaukee, WI | 13. San Jose, CA |
| 4. Salt Lake City, UT | 14. San Diego, CA |
| 5. Fresno, CA | 15. Colorado Springs, CO |
| 6. Seattle, WA | 16. Ogden, UT |
| 7. Boise, ID | 17. Sacramento, CA |
| 8. Stockton, CA | 18. Phoenix, AZ |
| 9. Denver, CO | 19. Bakersfield, CA |
| 10. Portland, OR | 20. Austin, TX |

Worst Cities for Spring Allergies

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|-----------------------|---------------------|
| 1. Richmond, VA | 11. McAllen, TX |
| 2. Scranton, PA | 12. San Antonio, TX |
| 3. Springfield, MA | 13. Riverside, CA |
| 4. Hartford, CT | 14. Las Vegas, NV |
| 5. New Haven, CT | 15. Memphis, TN |
| 6. Bridgeport, CT | 16. Dayton, OH |
| 7. Providence, RI | 17. Syracuse, NY |
| 8. Oklahoma City, OK | 18. Albany, NY |
| 9. Virginia Beach, VA | 19. Columbia, SC |
| 10. Pittsburgh, PA | 20. Greenville, SC |

Source: The Asthma and Allergy Foundation of America, 2018

This list is based on pollen counts, medication use and number of allergists.

Source: The Asthma and Allergy Foundation of America 2020

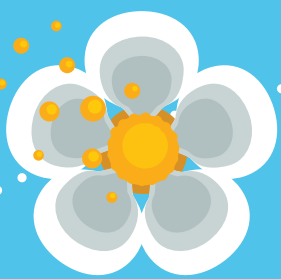
Spring allergies are caused by
tree and grass pollens.

How to prevent and manage spring allergy symptoms:

Use a scarf
or mask on
windy days.



Stay inside when
pollen levels are high.



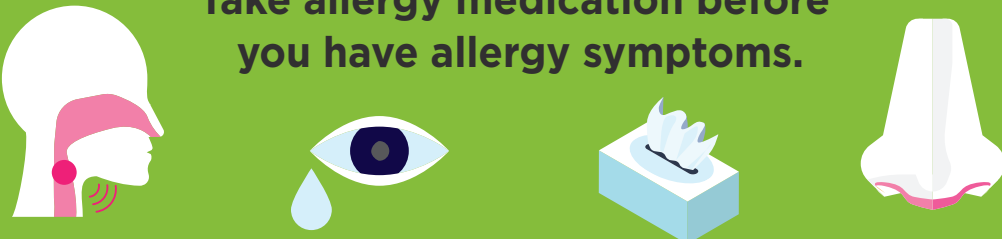
Keep car and home
windows closed.



Wash your hands
and body after
being outside.



Take allergy medication before
you have allergy symptoms.



Use a saline nasal wash.



Change clothes
after being outside.



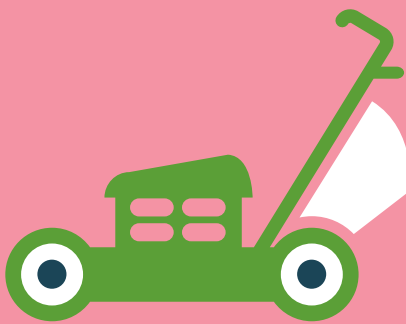
Use a central
air conditioner.



Take doctor-
recommended medicines
& treatments consistently.



Get help with
your yardwork.



njhealth.org

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