Ah-Choo
What’s Making You Sneeze?

Stay ahead of seasonal allergies by taking allergy medication before you have symptoms. Use this calendar to know when your allergy seasons will start.

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MOLD

- Grows on fallen leaves, compost piles, grasses, grains and in soil.
- Warmer climates can have molds year-round.

TREES

- Warmer winters can trigger early pollen release
- Common tree allergens are: Ash, Birch, Catalpa, Cypress, Elm, Hickory, Maple, Oak, Olive, Pecan, Poplar, Sycamore, Walnut, Western Red Cedar

GRASS

- Released late spring through mid-summer.
- Common grass allergens: Bermuda, Johnson, Kentucky Blue, Sweet Vernal, Timothy

RAGWEED

- 75% of people are allergic to ragweed
- Allergic weeds include: Bottlebrush, Curly dock, Lamb's quarters, Pig weed, Ragweed, Sagebrush, Sheep sorrel

Preventive Treatments for Pollen Allergies

- Take your medications before you have allergy symptoms.
- Do outdoor activities in the morning when pollen levels are low.
- Close your windows, even at night and use the air conditioning.
- Wash your hands, body and clothes after being outside.

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