



## Tips for Pollen Season

- Use Air Conditioning
- Keep windows closed-leave the pollen outside.
- Minimize your early morning activity, when pollen is usually emitted.
- Stay indoors when the pollen count is high and on windy days when dust and pollen are blown about.
- Take medications prescribed by your physician.
- Avoid alcoholic beverages during pollen seasons. They contribute to the swelling of blood vessels in your nasal passages.
- Don't mow lawns or linger around freshly cut grass. Mowing stirs up pollens and molds. Have a non-allergic family member do the yard work. If you must mow the lawn, wear a dust mask.
- Don't rake leaves, this also stirs up molds.
- Don't trek through the woods during the season of your discomfort.
- After being outside for long periods of time, working or playing, shower when you come inside but remember not to go into your bedroom with the dirty clothes on. The pollen from our clothes will stay inside your bedroom and could cause increased symptoms while you sleep.
- Exercise indoors when pollen counts are high.
- Keep grass short- 2" or less to reduce flowering plants that pollinate.
- Do not pick or sniff allergenic plants or their relatives. These include Timothy and Bermuda grasses, Ragweed, and Maple, Birch and Oak trees.
- Do not ride with car windows down during pollen season; use air conditioning if at all possible.
- When sick with a virus or exposed to air pollution, avoid all allergenic plants as a preventative measure since that is when you are most likely to become sensitized to a new allergen.
- Use a powerful Hepa room cleaner if possible.
- If fresh air is a must, install a window screen filter.
- Consider installing a high-efficiency furnace filter and allow the furnace to run air constantly through it.
- Landscaping around the home should be kept neat and tidy and debris should be removed regularly.
- If you like to garden, do so around midday or on cool, cloudy days or after a rain.
- Don't forget to protect your hands too when doing gardening or yard work. When you're done leave the gloves in the garage or in a shed; don't bring the allergens indoors with you.
- When planting flowers, a rule of thumb for allergy sufferers is to plant brightly colored flowers such as roses. Their pollen is heavier; these plants are pollinated by birds and bees rather than the wind so they cause fewer allergy symptoms.
- Trees begin pollinating around February, sometimes later here in the mountains and usually pollinate until around August. Some trees common to this area that cause allergy problems are Oak, Maple, and Birch.
- Grasses pollinate from around May (possibly a little later here in the mountains) to August. Some grasses common to this area that cause allergy problems are Bermuda and Timothy grass.
- Weeds pollinates from August until it frosts. Some weeds common to this area are Ragweed and English Plantain.
- If you suffer from ragweed allergy or if you think you do, avoid such plants as Chrysanthemums, Dahlias, Daisies, Cosmos, Zinnias, Golden Glow, and Geraniums.