

Pollen & Habitat Guide

Birch: April to June. Moist upland soils and cutover lands; often in nearly pure stands.

Box Elder: April to May. Moist soils along streams and canyons of mountains. Found in open areas in coniferous forests, also along roadsides, fence rows, and clearings.

Cottonwood: May to June. Moist to wet soils of valleys, mainly on stream banks and flood plains. Also on upland slopes.

Rocky Mountain Juniper: March to May. Dry plains, plateaus, foothills, and mountains. Found mostly on rocky soils, often in pure stands or with pinyons.

Alfalfa: June to September. Roadsides, fence lines and waste areas.

Grass/Mix: July to August. Common in lawns, golf courses, agricultural lands.

English Plantain: June to July. Roadsides, lawns, disturbed sites, cultivated fields.

Pigweed: July to September. Garden weed, orchard weed, cultivated soil.

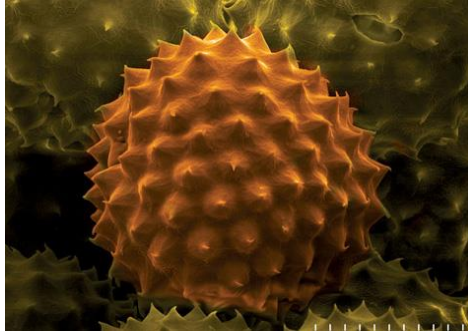
Short Ragweed: August to September. Along ditches, waste areas, rangelands, croplands, irrigated cropland.

Russian Thistle: July to August. Disturbed wastelands, over-grazed rangeland, irrigated cropland.

Desert/Common Sage: August to September. Fields, pastures, roadsides, orchards. Family members include knapweed and sagebrush.

Sheep Sorrel: June to October. Acidic soils, lawns, fields, gardens, and roadsides.





Environmental Controls for Pollen Allergies

During seasons when plants are pollinating, people who are sensitive will develop allergic reactions. Most pollens are light enough to become windborne, allowing them to penetrate anywhere, out or indoors. Trees pollinate in the spring. Grasses begin pollinating in the late spring through the summer. Weeds begin pollinating in the summer through the fall.

By avoiding substances that cause allergic reactions, it is possible to help control your symptoms. You can still enjoy times of high pollination by following a few simple rules of precaution:

- Keep your windows closed and run an air conditioner if available.
- Clean and replace air filters in your home on a regular basis.
- Use a HEPA filter in your home.
- Avoid exercising outdoors especially in the morning when pollen counts are usually at their highest.
- Use a clothes dryer. Do not hang your clothes outside to dry.
- Shower every night, as to rinse off any allergens that you may have been exposed to during the day.
- Wear a pollen/dust mask when working outside (mowing the lawn, gardening, etc.). Shower afterwards if possible, and change your clothing.



PLANT POLLENS: TREES, WEEDS, & GRASSES



Most pollen grains are microscopic and can easily be inhaled and drawn into the respiratory system where they are dissolved by secretions and the allergenic substances are released in your body.

Pollen grains are produced by a great number of plants in the United States but only a relatively small percentage produce pollen that causes allergies.

Pollen grains that are small, lightweight, and contain substances that cause allergies are the only ones important to allergy. Plants with showy flowers such as Apple Trees and Goldenrod seldom cause allergies because the pollen grains are heavy, sticky, and not very abundant, therefore, these pollen grains are usually not inhaled.

Pollen grains from plants with inconspicuous blooms such as Ragweed, Elm Trees, and various grasses can remain suspended in the air for quite some time after they are released from the plant. Since they are lightweight, they can travel hundreds of miles on wind currents. It is not

necessarily the pollen from plants in your yard that produce your allergy symptoms but instead it is more common that the pollen you are reacting to is being produced miles away.

As a rule, trees pollinate in the early spring, grasses pollinate in the summer through early fall, and weeds pollinate in the late summer through early fall. Obviously, there are some allergenic plants, such as Mountain Cedar tree, that are exceptions to these pollinating periods, and the exact date of pollination for any given plant may vary greatly depending on the region of the country and the climatic conditions from year to year. Plants tend to release more pollen on warm, dry, windy days. Pollens are released in the morning and the count increases with 60-90 minutes of sunrise. Highest pollen count is between 7:00 a.m to 11 a.m. Also, lower humidity and increased temperatures favor pollen release. Pollen count is negligible during rainfall, but higher afterwards. Pollination ends with the first frost or shortening days.

The best way to avoid inhaling pollens is by remaining indoors where the air can be filtered during high pollen count periods. If you must be outdoors during peak pollinating seasons, you might want to consider wearing a face mask to reduce the amount of pollen you inhale.

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Avoid going outside when pollen counts are high.

Keep house windows closed.

Use air conditioning to reduce pollen levels by re-circulating indoor air.

Use an air treatment system such as a HEPA (High-Efficiency Particulate Arresting) filter, particularly in the bedroom.

Keep lawn short. (Done by non-allergic member of family)

Eliminate weeds by cutting down or using weed killer.

Avoid direct contact with indoor and outdoor flowers.

Wear sunglasses outside to reduce eye irritation caused by pollen.

Use a filtering mask when exposure cannot be avoided.

Shower, wash hair and change in to clean clothes after being outside.

When driving, keep windows closed. Use car air conditioner. Be sure to have the car's air conditioning unit thoroughly cleaned of mildew and mold prior to use.

Avoid using window fans which draw pollens and molds into the house and swamp coolers which increase humidity.

Undress outside your bedroom, leaving allergens from the other places away from where you sleep.

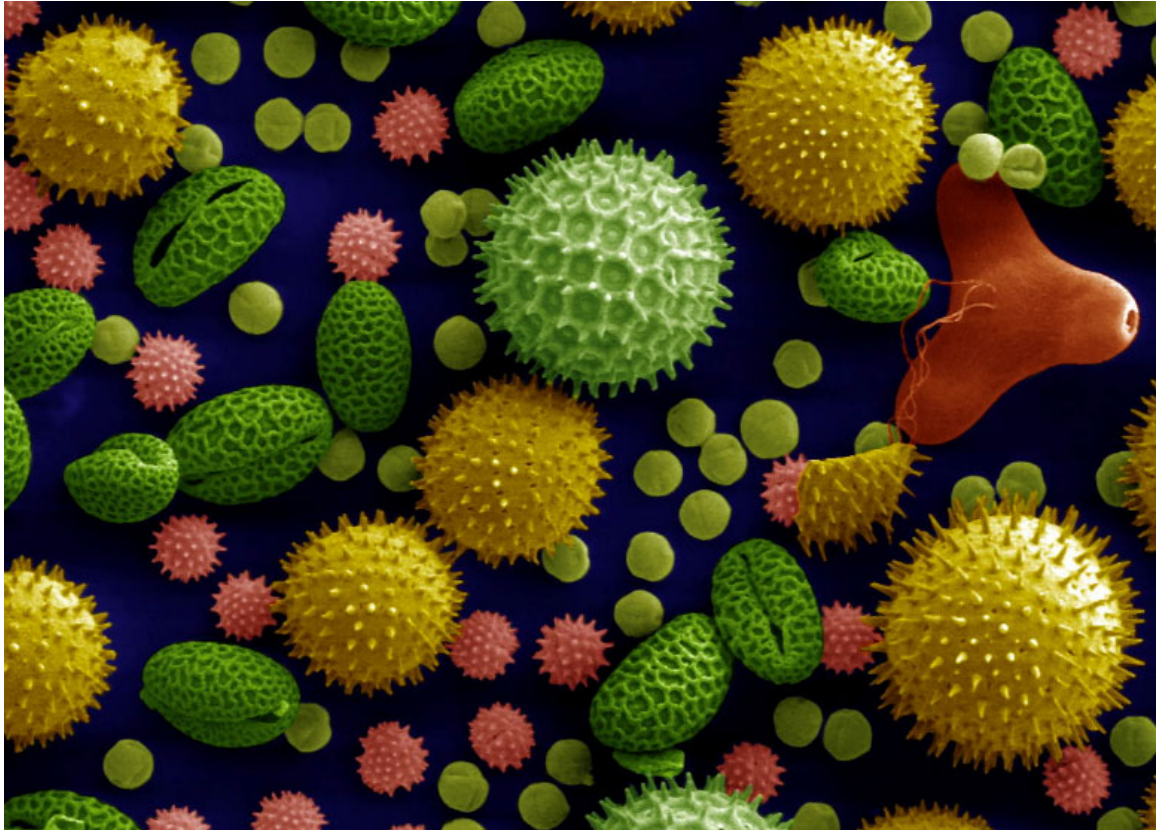
Run your stove fan while cooking to lower humidity and remove fumes and smells.

Check dryer vent for proper operation and outside venting.

Empty dehumidifier and clean reservoir daily.

Avoid wool blankets, feather or wool-stuffed comforters.

Don't dry clothes & bedding outside on a clothesline where pollens can stick.



TREES

BIRCH:



BOX ELDER/MAPLE:



COTTONWOOD:



PINE:



JUNIPER:



GRASSES:

ALFALFA:



GRASS MIX:

TIMOTHY:



RED TOP



PERRENIAL RYE:



ORCHARD:



KENTUCKY BLUE GRASS:



MEADOW FESCUE:



WEEDS

ENGLISH PLANTAIN:



SHORT RAGWEED:



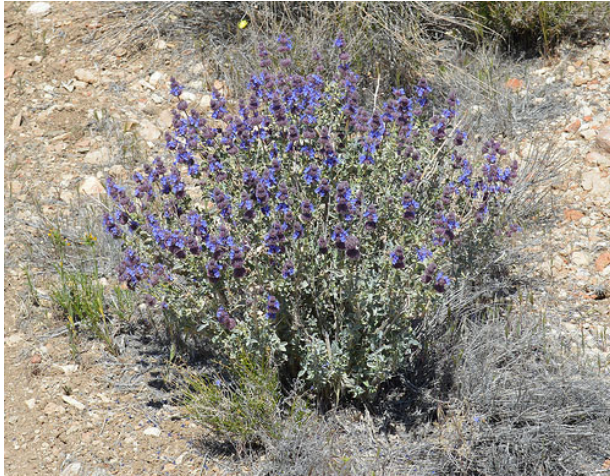
PIGWEEED:



RUSSIAN THISTLE:



DESERT SAGE:



SHEEP SORREL:

