## **Seasonal Allergens**

**South Central** 

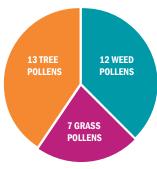
Runny nose, watery eyes, and sneezing can result from inflammation of the mucous membranes in your sinuses. In plain terms they are allergy symptoms brought on by allergic rhinitis.

Allergy symptoms appear when airborne allergens stimulate an immune reaction in sensitive individuals. For seasonal sufferers, the symptoms occur only at certain times of year, when trees, grasses and weeds are pollinating. To help you understand what may be causing your symptoms, please refer to the chart illustrating what pollens are prominent in your area at different times of year.

	JAN	FEB	MAR	APR	MAY			AUG	SEP	OCT	NOV	DEC	
TREES													WEEDS
Ash *				•			•	•					Careless/Pigweed
Birch *				•	•		•	•	•				Cocklebur *
Cedar, Juniper *				•	•		•			•			Dock/Sorrel *
Cottonwood *				•			•	•					Kochia *
Elm *				•	•		•	••	•				Lamb's Quarters *
Maple *				•			•		•				Marshelder *
Mesquite *				•			•		•				Nettle *
Mulberry *				•	••	•	•	•	•				Plantain *
Dak *					•					•			Ragweed *
Pecan *				•			•	•	•				Russian Thistle *
Pine *				•			•						Sagebrush *
Sycamore *				•	•	•	•						Scale *
Walnut, Black *					•	•							
GRASSES			-							-		-	
Bahia *						•	•	•					
Bermuda *					•	•	•	•	•	•			
lohnson *						•	•						
Kentucky Bluegrass *					•	•							
Meadow Fescue *					•	•							
Rye *					•	•	•						
Timothy *						•	•						

**Arkansas** Colorado Kansas Louisiana **New Mexico Oklahoma Texas** 

indicates mild allergen | \* indicates moderate allergen | \* indicates severe allergen



**Number of seasonal allergens** prominent in the South Central by type.

