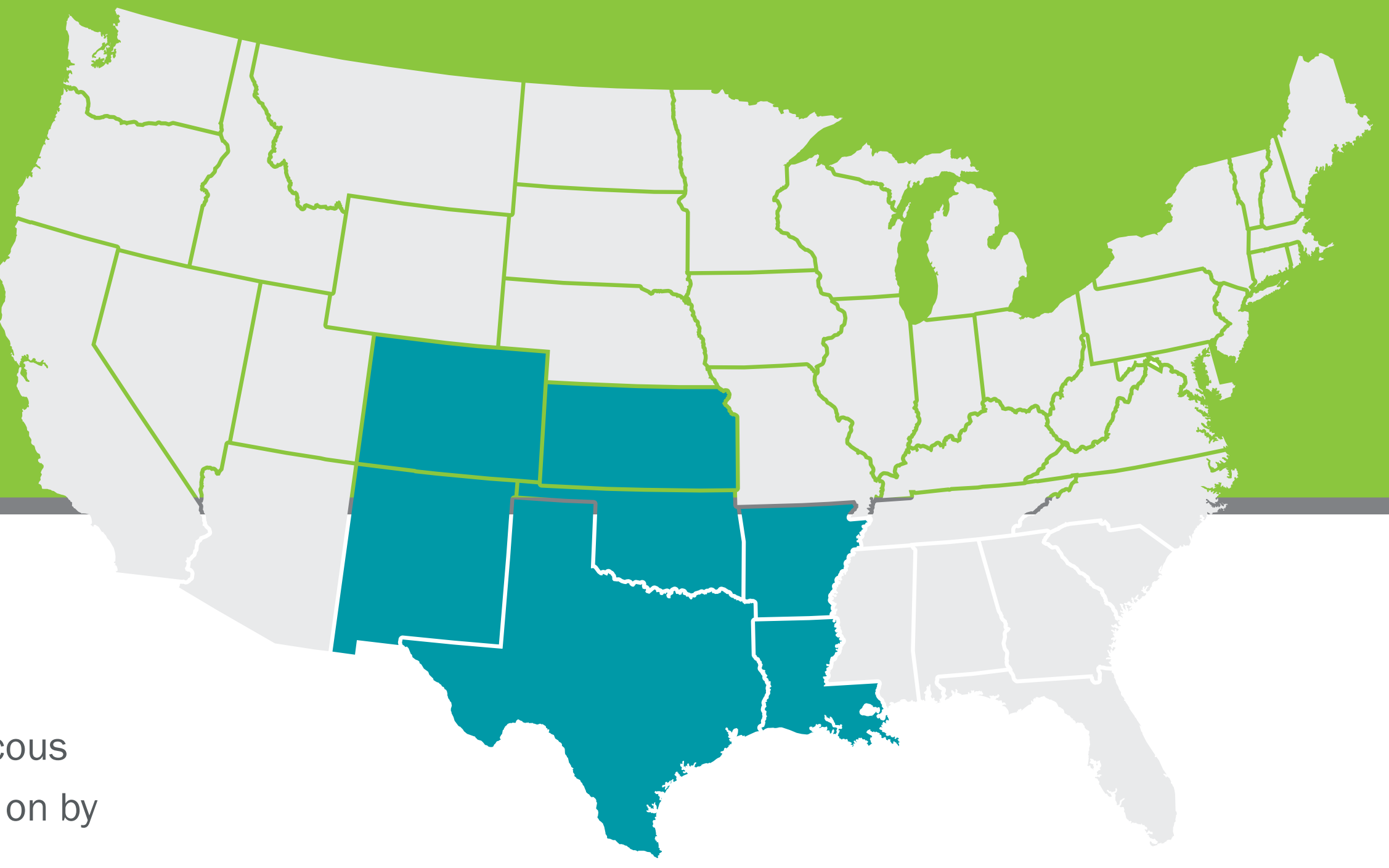


# Seasonal Allergens

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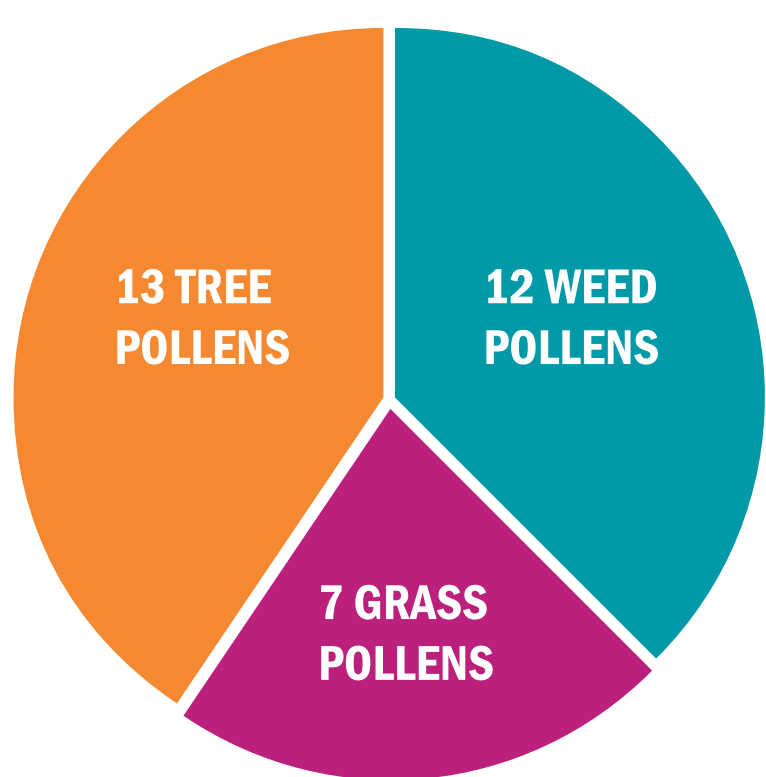
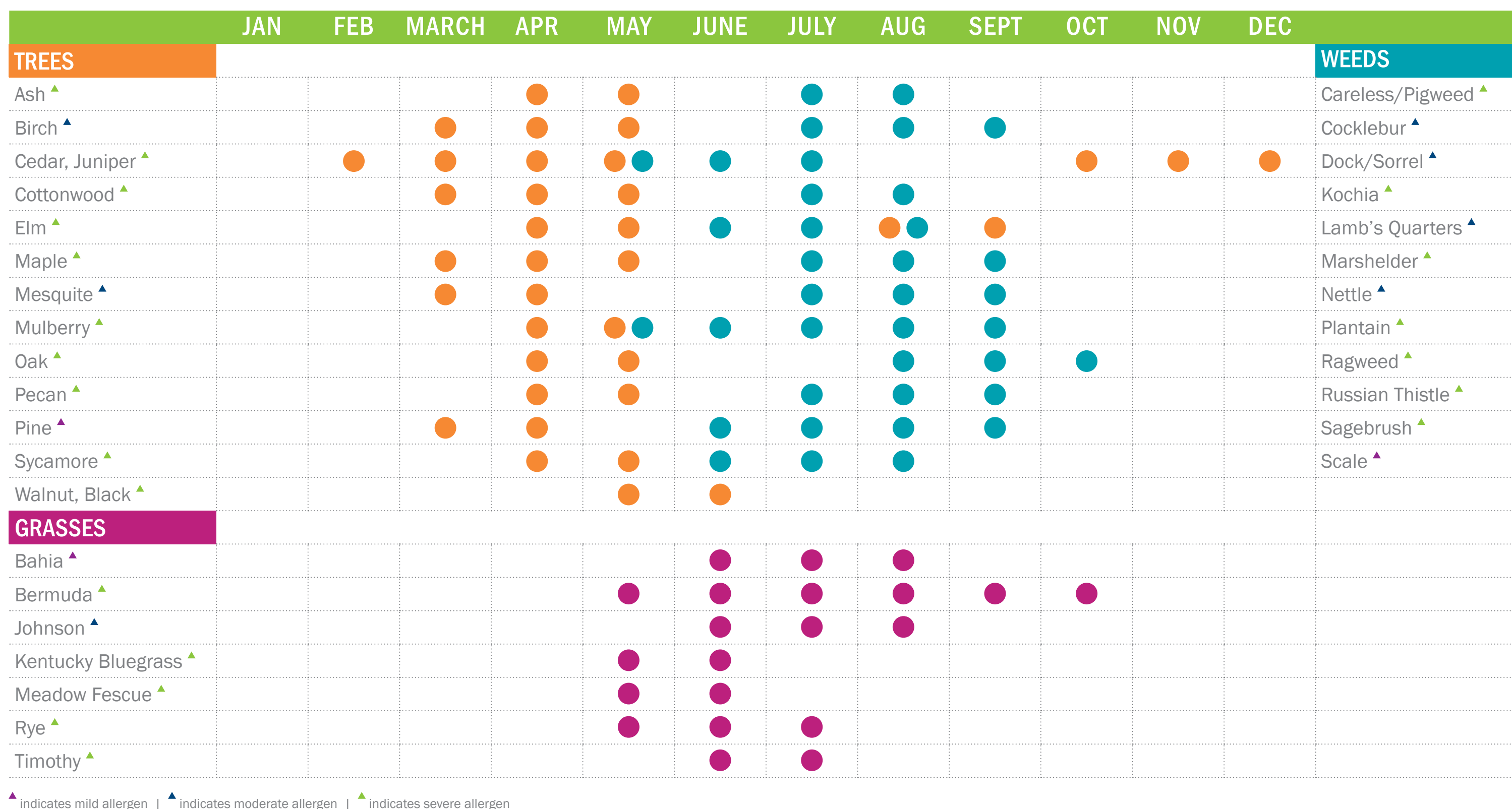
# South Central



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.

Arkansas  
Colorado  
Kansas  
Louisiana  
New Mexico  
Oklahoma  
Texas



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

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

