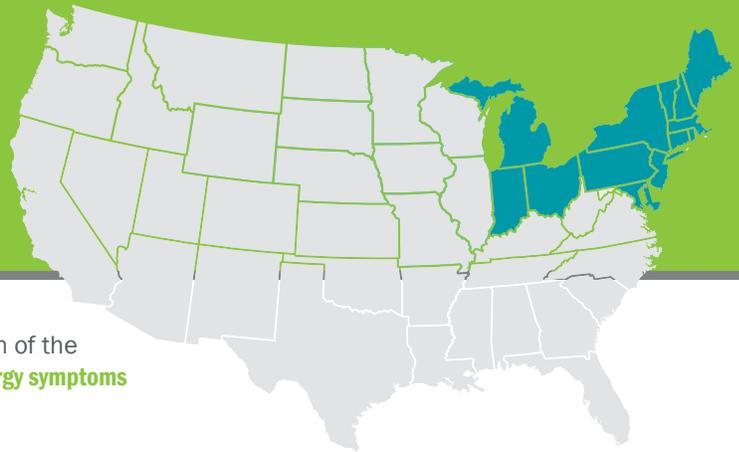


Seasonal Allergens

OF THE Northeast



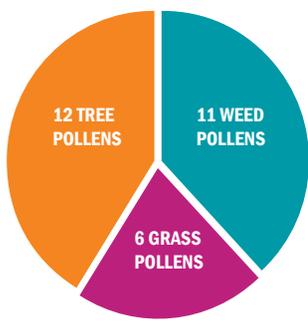
Runny nose, watery eyes, and sneezing can result from inflammation of the mucous membranes in your sinuses. In plain terms they are **allergy symptoms** brought on by allergic rhinitis.

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.

Connecticut
 Delaware
 Indiana
 Maine
 Maryland
 Massachusetts
 Michigan
 New Hampshire
 New Jersey
 New York
 Ohio
 Pennsylvania
 Rhode Island
 Vermont

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
TREES													WEEDS
Alder *		●	●	●	●	●	●	●	●				Careless/Pigweed *
Ash *		●	●	●	●	●	●	●	●				Cocklebur *
Birch *		●	●	●	●	●	●	●	●				Dock/Sorrel *
Cedar, Juniper *		●	●	●	●	●	●	●	●	●	●	●	Dog Fennel *
Cottonwood *			●	●	●	●	●	●	●				Lamb's Quarters *
Elm, American *		●	●	●	●	●	●	●	●				Marshelder *
Maple *		●	●	●	●	●	●	●	●				Nettle *
Mulberry *			●	●	●	●	●	●	●				Plantain *
Oak *			●	●	●	●	●	●	●	●			Ragweed *
Pecan *			●	●	●	●	●	●	●				Russian Thistle *
Sycamore *			●	●	●	●	●	●	●				Sagebrush *
Walnut, Black *			●	●	●	●	●	●	●				Scale *
GRASSES													
Bermuda *					●	●	●	●	●				
Johnson *					●	●	●	●	●				
Kentucky Bluegrass *					●	●	●	●	●				
Meadow Fescue *					●	●	●	●	●				
Rye *					●	●	●	●	●				
Timothy *					●	●	●	●	●				

* indicates mild allergen | ● indicates moderate allergen | ● indicates severe allergen



Number of seasonal allergens prominent in the Northeast by type.

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



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