POLLENS

**TYPES OF POLLENS:**

1. **TREE POLLENS** *(Spring - late February to June)*
2. **GRASS POLLENS** *(Summer - late May to early August)*
3. **WEED POLLENS** *(Fall - late July until the first heavy frost)*

**TO AVOID POLLEN:**

- Check pollen counts online (www.aaaai.org) or in the newspaper so you know when counts are highest.
- Remove clothing, shower, and wash your hair after being outdoors and/or before getting into bed.
- Most pollen is released into the air between 5 am and 10 am, so try to stay inside during this time.
- Avoid being outside on windy days.
- If you work outside, consider wearing a mask.
- Keep your windows closed and air conditioning on.
- Use saline nasal irrigation (neti pot or Neil Med) to rinse the pollen out of your nose after being outside.
- Start nasal sprays/antihistamines 2-3 weeks prior to your allergy season.
- Bathe pets regularly - pets can bring pollen into the house on their fur.
- Avoid bringing fresh cut flowers into the house.
POLLEN-FOOD ALLERGY SYNDROME
(“Oral Allergy Syndrome”)

- Proteins in some foods are very similar to the proteins found in some pollens.
- If you are allergic to these pollens, then it is possible you will experience a reaction to these foods (such as oral itching or tingling).
- This is called cross-reactivity.
- Cooking these foods can help you avoid this reaction.

<table>
<thead>
<tr>
<th>Allergen</th>
<th>Cross-Reactive Foods</th>
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<tbody>
<tr>
<td>Birch Pollen</td>
<td>Apples, Almonds, Anise Seeds, Apricots, Caraway Seeds, Carrots, Celery, Cherries, Coriander, Fennel, Hazelnuts, Parsley, Peaches, Peanuts, Pears, Plums, Raw Potatoes, Soybean</td>
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<tr>
<td>Ragweed Pollen</td>
<td>Bananas, Cucumbers, Melons (Cantaloupe, Honeydew, Watermelon), Zucchini</td>
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<tr>
<td>Grass Pollen</td>
<td>Oranges, Peanuts, Tomatoes, White Potatoes, Melons (Cantaloupe, Honeydew, Watermelon)</td>
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<tr>
<td>Mugwort Pollen</td>
<td>Apples, Anise Seed, Bell Peppers, Black Pepper, Broccoli, Cabbage, Caraway Seeds, Carrots, Cauliflower, Celery, Coriander, Fennel Seeds, Garlic, Mustard, Onion, Parsley</td>
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