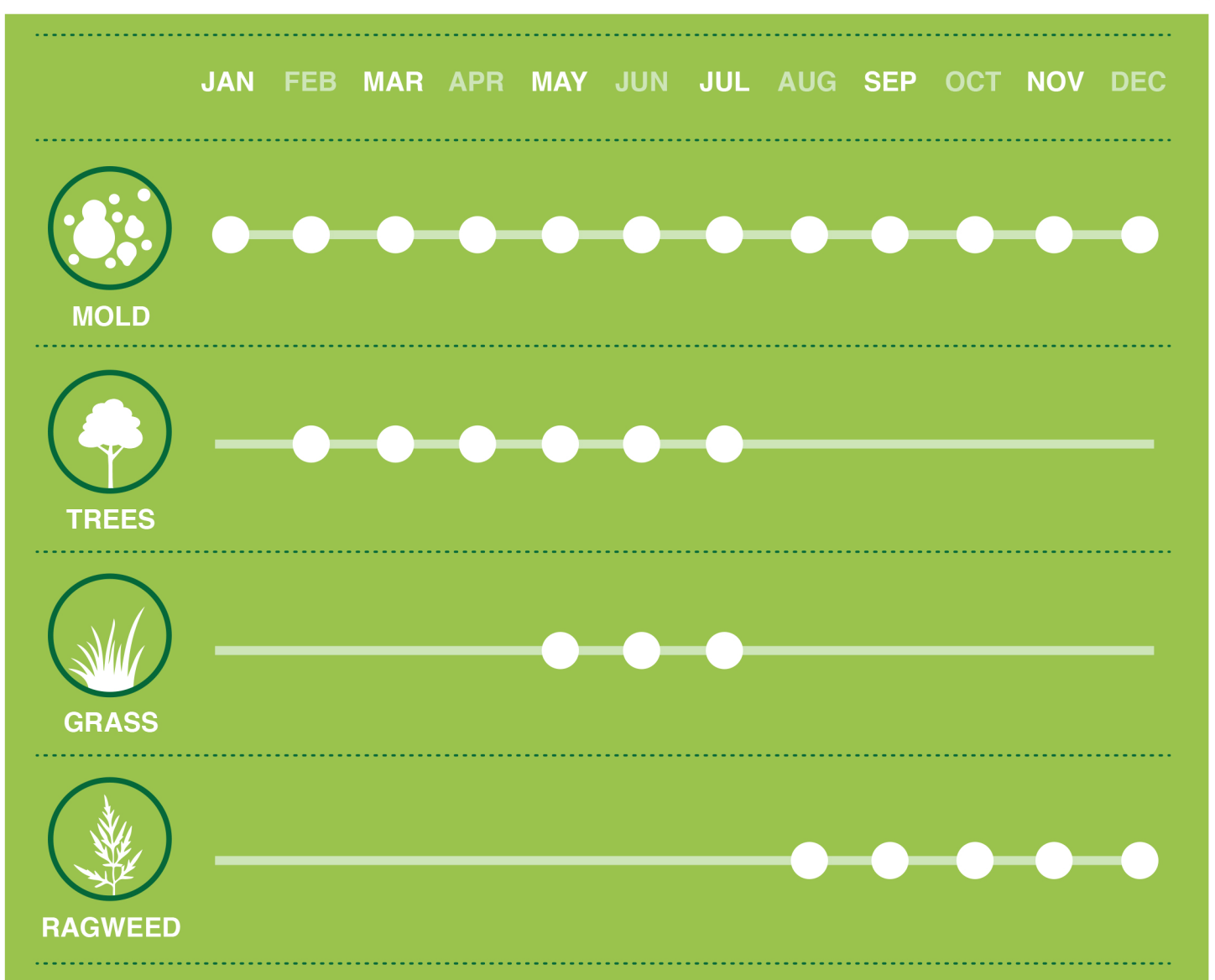


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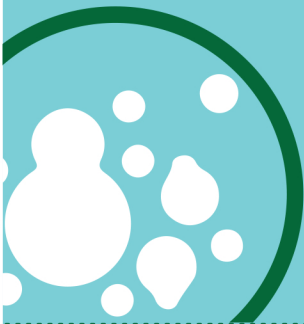
What's Making You Sneeze?

Stay ahead of seasonal allergies by taking allergy medication before you have symptoms.

Use this calendar to know when your allergy seasons will start.



MOLDS



- Grows on fallen leaves, compost piles, grasses, grains and in soil.
- Warmer climates can have molds year-round.

TREES



- Warmer winters can trigger early pollen release
- Common tree allergens are: Ash, Birch, Catalpa, Cypress, Elm, Hickory, Maple, Oak, Olive, Pecan, Poplar, Sycamore, Walnut, Western Red Cedar

GRASS POLLENS



- Released late spring through mid-summer.
- Common grass allergens: Bermuda, Johnson, Kentucky Blue, Sweet Vernal, Timothy

WEEDS



- 75% of people are allergic to ragweed
- Allergenic weeds include: Bottlebrush, Curly dock, Lamb's quarters, Pig weed, Ragweed, Sagebrush, Sheep sorrel

Preventive Treatments for Pollen Allergies



Take your medications before you have allergy symptoms.



Do outdoor activities in the morning when pollen levels are low.



Close your windows, even at night and use the air conditioning.



Wash your hands, body and clothes after being outside.