

2024 BEST AND WORST CITIES for Seasonal Allergies



20 Best Cities

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|-----------------------------|-------------------------------|
| 1. Akron, Ohio | 11. Columbus, Ohio |
| 2. Albuquerque, New Mexico | 12. Washington, D.C. |
| 3. Madison, Wisconsin | 13. Seattle, Washington |
| 4. San Jose, California | 14. New York, New York |
| 5. Cleveland, Ohio | 15. Salt Lake City, Utah |
| 6. Phoenix, Arizona | 16. Los Angeles, California |
| 7. Sacramento, California | 17. Provo, Utah |
| 8. Stockton, California | 18. Atlanta, Georgia |
| 9. Tucson, Arizona | 19. Louisville, Kentucky |
| 10. Bakersfield, California | 20. San Francisco, California |

20 Worst Cities

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| 1. Wichita, Kansas | 11. Allentown, Pennsylvania |
| 2. Virginia Beach, Virginia | 12. Baton Rouge, Louisiana |
| 3. Greenville, South Carolina | 13. Sarasota, Florida |
| 4. Dallas, Texas | 14. Houston, Texas |
| 5. Oklahoma City, Oklahoma | 15. Columbia, South Carolina |
| 6. Tulsa, Oklahoma | 16. Orlando, Florida |
| 7. Richmond, Virginia | 17. Little Rock, Arkansas |
| 8. Des Moines, Iowa | 18. Chattanooga, Tennessee |
| 9. Raleigh, North Carolina | 19. Greensboro, North Carolina |
| 10. Fayetteville, Arkansas | 20. Kansas City, Missouri |

This list is based on pollen counts, medication use and number of allergists. Source: The Asthma and Allergy Foundation of America, 2024

SEASONAL ALLERGY SYMPTOMS

Itchy eyes, nose, throat

Runny nose

Sneezing

Watery eyes

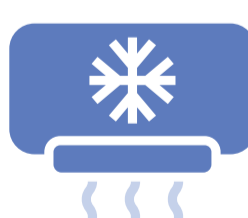
Stuffy nose

10 TIPS to Prevent and Manage Allergies

Take allergy medication before you have allergy symptoms.



Use a central air conditioner if possible.



Take doctor-recommended medicines & treatments consistently.



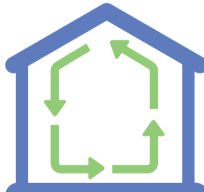
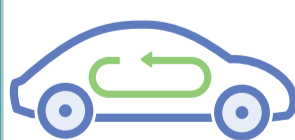
Use a scarf or mask on windy days.



Change clothes after being outside.



Wash your hands & body after being outside.

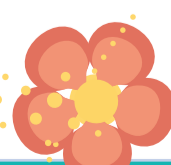


Keep car & home windows closed.



Use a saline nasal wash.

Stay inside when allergen levels are high.



Get help with yardwork during your allergy season.