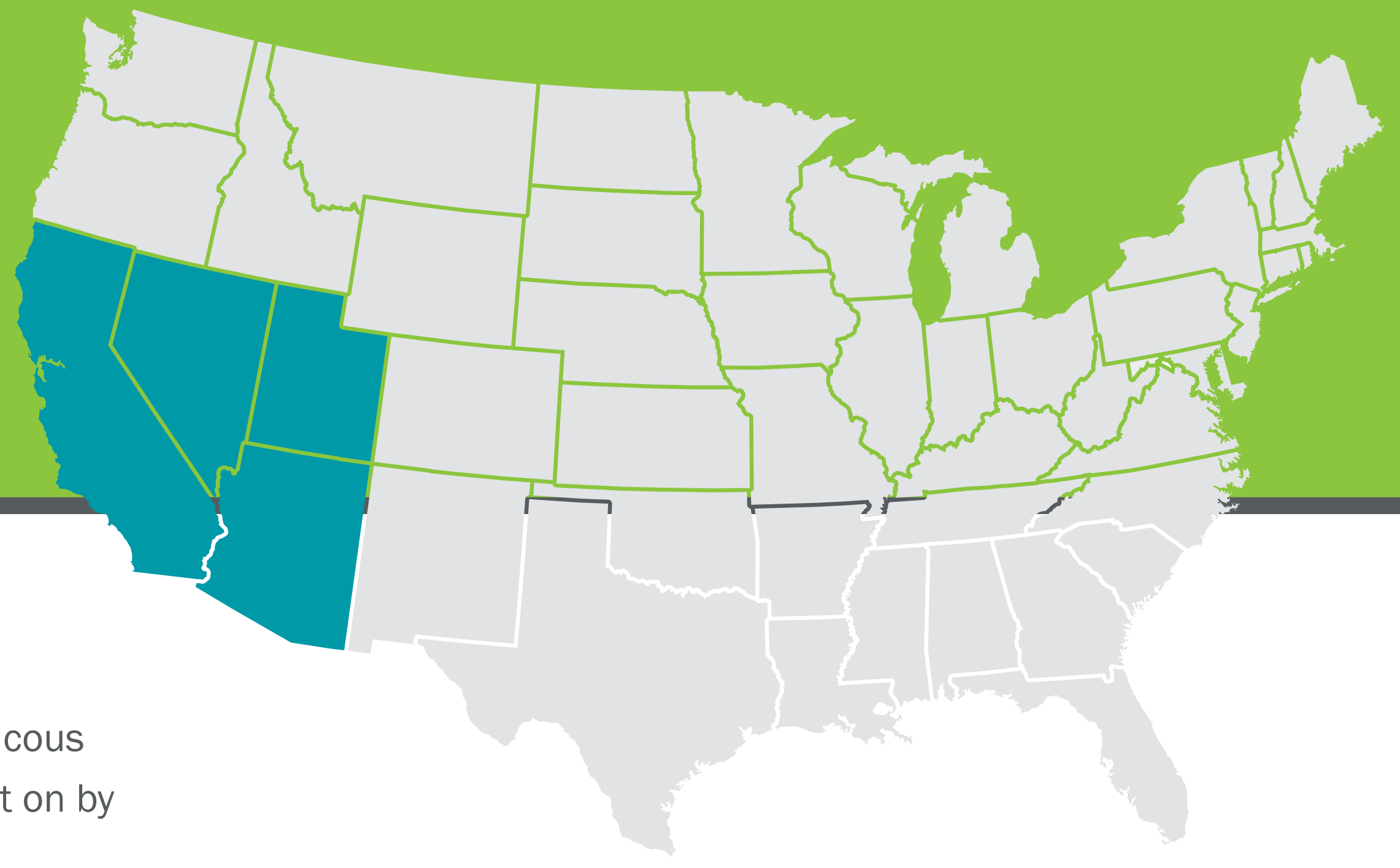


# Seasonal Allergens

## OF THE Southwest



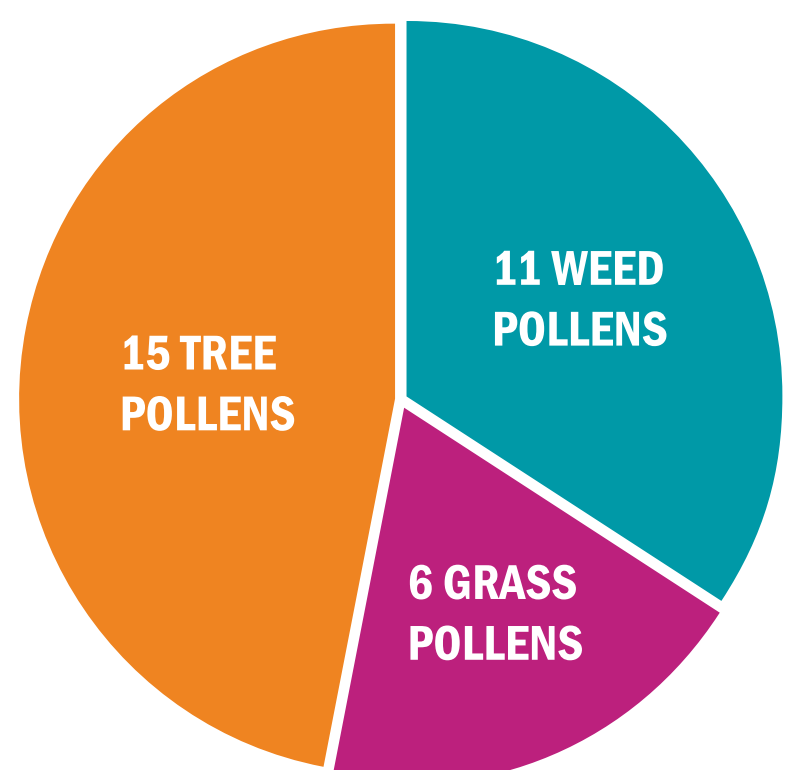
Runny nose, watery eyes, and sneezing can result from inflammation of the mucous membranes in your sinuses. In plain terms they are **allergy symptoms** brought on by allergic rhinitis.

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.

Arizona  
California  
Nevada  
Utah

	JAN	FEB	MARCH	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	
<b>TREES</b>													<b>WEEDS</b>
Acacia <sup>▲</sup>	●	●		●	●		●	●					Careless/Pigweed <sup>▲</sup>
Ash <sup>▲</sup>				●	●		●	●	●				Cocklebur <sup>▲</sup>
Birch <sup>▲</sup>			●	●	●	●	●	●					Dock/Sorrel <sup>▲</sup>
Bottlebrush <sup>▲</sup>							●	●	●				Kochia <sup>▲</sup>
Cedar, Juniper <sup>▲</sup>		●	●	●		●	●	●	●				Lamb's Quarters <sup>▲</sup>
Cottonwood <sup>▲</sup>			●	●	●	●	●	●					Nettle <sup>▲</sup>
Elm <sup>▲</sup>			●	●	●	●	●	●	●				Plantain <sup>▲</sup>
Maple <sup>▲</sup>			●	●	●		●	●	●				Ragweed <sup>▲</sup>
Mesquite <sup>▲</sup>			●	●	●	●	●	●	●				Russian Thistle <sup>▲</sup>
Oak <sup>▲</sup>			●	●	●	●	●	●	●				Sagebrush <sup>▲</sup>
Olive <sup>▲</sup>		●	●	●	●	●	●	●					Scale <sup>▲</sup>
Pecan <sup>▲</sup>		●	●	●	●								
Pine <sup>▲</sup>		●	●	●	●								
Sycamore <sup>▲</sup>				●	●								
Walnut, Black <sup>▲</sup>					●	●	●						
<b>GRASSES</b>													
Bahia <sup>▲</sup>						●	●	●					
Bermuda <sup>▲</sup>				●	●	●	●	●					
Johnson <sup>▲</sup>						●	●	●					
Meadow Fescue <sup>▲</sup>					●	●	●						
Rye <sup>▲</sup>					●	●	●						
Timothy <sup>▲</sup>						●	●						

▲ indicates mild allergen | ● indicates moderate allergen | ● indicates severe allergen



Number of seasonal allergens prominent in the Southwest by type.

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

