13 COMMON TREE ALLERGIES
A GUIDE TO HELP YOU IDENTIFY WHICH TREES MIGHT BE TRIGGERING YOUR SYMPTOMS

Tree allergy can trigger runny nose and eyes, sinusitis, sore throat, coughing, headaches, and asthma. Taking allergy drops before pollination can help you reduce symptoms and build long-term tolerance so your body may no longer react.

**SYCAMORE TREE**
Bark: large trunk that splits at root
Leaves: large leaves with a fuzzy stem; turn yellow in the fall
Height: up to 175' tall

**WALNUT TREE**
Bark: dark, diamond-like ridges
Leaves: long and green; turn pale yellow in the fall
Height: up to 100' tall

**ALDER TREE**
Bark: dark gray, thin & sometimes sticky
Leaves: green, circular/oval with wavy edges; darkens during the fall
Height: 60-65' tall

**BIRCH TREE**
Bark: peeling bark; turns chalky
Leaves: light to dark green; oval shaped; turn yellow, brown & orange in the fall
Height: ranges from 40-80' tall

**ASH TREE**
Bark: brown with branches growing in opposite directions
Leaves: green, 3-5” & narrow
Height: ranges from 30-120’ tall

**POPLAR TREE**
Bark: smooth, white to dark gray
Leaves: heart shaped, serrated edges; turns yellow & gold in the fall
Height: ranges from 50-165’ tall
**cross reacts with cottonwood trees**

**BEECH TREE**
Bark: smooth with hints of gray, silver, blue
Leaves: oval with serrated edges; turn brown, gold, yellow & red in fall
Height: 80-100’ tall

**MULBERRY TREE**
Bark: similar to a bush
Leaves: glossy green leaves with flowering fruit
Height: can reach up to 80’ tall

**ELM TREE**
Bark: grayish blue with thick creases
Leaves: green, oval with serrated edges; turn yellow in the fall
Height: up to 115’ tall

**OAK TREE**
Bark: dark brown, but may turn red with age
Leaves: oval with wavy edges; turn red, orange & yellow in fall
Height: up to 100’ tall & 150’ wide

**HICKORY TREE**
Bark: gray, brown
Leaves: multiple leaflets, pointed edges
Height: up to 100’ tall
**cross reacts with pecan trees**

**MAPLE TREE**
Bark: smooth, grayish-brown
Leaves: green, sectional; change to bright colors in the fall
Height: range from 30-140’ tall

**CEDAR TREE**
Bark: rich brown or dark gray
Leaves: scale-like green sprays or needles that do not fall off
Height: up to 100’ tall

Take control and treat the cause of your tree allergies.
For more information, visit allergychoices.com

© 2019 Allergychoices, Inc. ALL RIGHTS RESERVED.