

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.



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



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



MULBERRY TREE

Bark: similar to a bush
Leaves: glossy green leaves with flowering fruit
Height: can reach up to 80' 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



MAPLE TREE

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



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



ASH TREE

Bark: brown with branches growing in opposite directions
Leaves: green, 3-5" & narrow
Height: ranges from 30-120' tall



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



ELM TREE

Bark: grayish blue with thick creases
Leaves: green, oval with serrated edges; turns yellow in the fall
Height: up to 115' tall



HICKORY TREE

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



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

