



NORTHEAST Allergen Seasons



Check out this calendar of common seasonal allergy triggers in your area. Year-round you may still be impacted by dust mite, pet dander, and mold allergy.

| TREES | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Alder | | ● | ● | ● | | | | | | | | |
| Ash | | | ● | ● | ● | | | | | | | |
| Birch | | | ● | ● | | | | | | | | |
| Cedar, Juniper | | ● | ● | ● | | | | | ● | ● | ● | |
| Cottonwood | | | ● | ● | ● | | | | | | | |
| Elm (American) | | | ● | ● | ● | | | | | | | |
| Maple | | | ● | ● | ● | | | | | | | |
| Mulberry | | | | ● | ● | | | | | | | |
| Oak | | | | ● | ● | | | | | | | |
| Pecan | | | | ● | ● | | | | | | | |
| Sycamore | | | | ● | ● | | | | | | | |
| Walnut (Black) | | | | | ● | ● | ● | | | | | |
| GRASSES | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
| Bermuda | | | | | ● | ● | ● | ● | ● | | | |
| Johnson | | | | | | ● | ● | ● | | | | |
| Ky. Bluegrass | | | | | ● | ● | | | | | | |
| Meadow Fescue | | | | | ● | ● | | | | | | |
| Ryegrass | | | | | ● | ● | ● | | | | | |
| Timothy | | | | | | ● | ● | | | | | |
| WEEDS | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
| Cocklebur | | | | | | | ● | ● | ● | | | |
| Dock/Sorrel | | | | | ● | ● | ● | | | | | |
| Dog Fennel | | | | | | | | ● | ● | ● | | |
| Lamb's Quarters | | | | | | ● | ● | ● | | | | |
| Marshelder | | | | | | ● | ● | ● | | | | |
| Nettle | | | | | | ● | ● | | | | | |
| Pigweed | | | | | | ● | ● | ● | | | | |
| Plantain | | | | ● | ● | ● | ● | ● | | | | |
| Ragweed | | | | | | | ● | ● | ● | ● | | |
| Russian Thistle | | | | | | | ● | ● | | | | |
| Sagebrush | | | | | | ● | ● | ● | ● | | | |

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