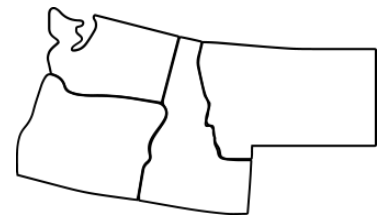




# NORTHWEST Pollen Seasons



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			●	●								
Maple			●	●	●							
Oak				●	●							
Pine				●	●							
Sycamore				●	●							
Walnut (Black)					●	●						
Willow			●	●								
GRASSES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Brome						●	●					
Johnson						●	●	●				
Ky. Bluegrass					●	●						
Meadow Fescue					●	●						
Orchard						●	●					
Ryegrass					●	●	●					
Timothy						●	●					
WEEDS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cocklebur							●	●	●			
Dock/Sorrel					●	●	●					
Kochia							●	●				
Marshelder							●	●				
Nettle						●	●					
Plantain				●	●	●	●	●				
Ragweed								●	●			
Russian Thistle							●	●				
Sagebrush						●	●	●	●			
Scale						●	●	●				

Treat the cause of your allergies with safe, pain-free, and effective allergy drops.

Allergy drops treat a wide variety of allergies and related conditions. Learn more at [allergychoices.com](http://allergychoices.com).