



SOUTHWEST 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
Ash				●	●							
Birch			●	●								
Cedar, Juniper		●	●	●			●	●	●			
Cottonwood			●	●	●							
Elm			●	●	●			●	●			
Maple			●	●								
Mesquite			●	●	●							
Oak			●	●	●							
Pecan				●	●							
Pine		●	●	●								
Sycamore				●	●							
Walnut (Black)					●	●	●					
GRASSES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bahia						●	●	●				
Bermuda				●	●	●	●	●				
Johnson						●	●	●				
Meadow Fescue					●	●						
Ryegrass					●	●	●					
Timothy						●	●					
WEEDS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cocklebur							●	●	●			
Dock/Sorrel					●	●	●					
Kochia							●	●				
Lamb's Quarters						●	●	●				
Nettle						●	●					
Pigweed							●	●				
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.