

## EAR, NOSE &amp; THROAT

*"Feel better."***POLLENS****GRASSES: *worst time of day - late afternoon and early evening*****Smooth Brome Grass** - late May through mid June**Seven Standard Grasses**

1. June grass — very common - mid May through mid June
2. Meadow Fescue - late May through June - reflower in late summer just before freeze
3. Orchard - late May through July - reflower in late summer just before freeze
4. Perennial Ryegrass - May through mid June - reflower in late summer just before freeze
5. Red top - late June through mid July
6. Sweet Vernal - not present in our region
7. Timothy Grass - late May through June

**WEEDS: *worst time of day - late mornings and early afternoons***

Kochia - August through September

Lamb's Quarters - late July through September

Burweed Marsh Elder - August through September

English Plantain - July through September

Pigweed - late July through September

Ragweed - August through September

Mugwort Sage - August through September

Russian Thistle - August through September

Sheep Sorrel - mid May through early June

Alfalfa Pollen - reflowers multiple times starting in early June and continuing through the fall —  
this is a very dense pollen that does not blow far; it relies on bees to carry it.**TREES: *pollenate all day***

Oak - May

Elm - April through May

Cottonwood - April through May

Maple - May

Birch - late April through May

Ash - May

Willow - late April through May

Cedar - April through May

Check out [www.pollen.com](http://www.pollen.com) to receive emails every couple of days regarding what is pollinating that day and how high the pollen count is.

Stay indoors whenever possible and close the windows of home to reduce outdoor allergens from coming indoors.

Run a HEPA room air cleaner in the bedroom.

Minimize cats and dogs coming indoors from outdoors (even if not allergic to pets) since their fur accumulates pollen and other outdoor allergens. Keep them from going into the bedroom. Should give them a bath after extended periods outdoors.

Shower and wash hair and change clothes immediately when you return indoors. Pollen can collect on hair, skin and clothes.

Dry laundry indoors. Sheets hanging on an outside line are an easy target for blowing pollen.

When mowing lawn or gardening, wear a filter mask or use allergy blocker gel.

Pollen counts are higher on hot, dry windy days. They decrease on rainy days, but promptly rise again after rain has passed.