

Pollen Allergies

Pollen avoidance

- Plants that are fertilized by wind-borne pollens such as trees, grasses and ragweed can cause allergy symptoms because of the enormous amounts present in the air.
- In Southwestern Ontario:
 - Trees pollinate in April and May
 - Grasses pollinate in late May and June
 - Ragweed pollinates from mid-August until frost
- It is impossible to completely avoid pollens
- The best way to avoid pollens (and outdoor moulds) is to keep windows and doors closed to keep the pollen out
- Air conditioning is helpful as it cleans, cools and dries the air
- Pollen counts are often highest in early morning between approximately 5 am and 10 am

Pollen and mould counts

- Knowing how high the outdoor pollen or mould count was yesterday (through weather resources/apps) is a good way of identifying what has been bothering you, although it is not a good indicator of predicting what the counts will be the next day.