



Learning about . . .

Allergies to Pollen and Mould

Allergies to pollen and mould are common causes of nasal symptoms and asthma. You can reduce exposure by following these ideas.

You are allergic to:

- ☐ Tree pollen - in the air between early April and early June
- ☐ Grass pollen - in the air from the middle of May until the middle of July
- ☐ Ragweed pollen - in the air between the middle of August and the end of September or the first frost
- ☐ Mould spores - appear as soon as the snow melts and are present until late fall. Spores are highest in July to August and on damp days.
- ☐ Weed pollen - in the air in the fall months

Here are some things you should do:

- Keep the windows and doors of your home closed so pollen and mould will stay out. Air conditioning will help you do this in hot weather. If you have a window air conditioner, keep the vent closed to the outside. Air cleaners can lower pollen and mould counts but are often not efficient enough to make a big difference. Counts will be close to zero if you keep the windows closed.
- Stay indoors when the pollen count is high. Pollen counts are often high on hot, dry, windy days. The counts are usually lower after rain, in the evening and at night.
- Limit activities that lead to high allergic exposure such as cutting grass or driving with the windows down. If you are allergic to mould, do not rake leaves or work with compost heaps.
- Keep damp areas of your home such as the basement, cool, clean and dry.
- Use a dehumidifier when needed and empty it each day.