



sneezeless landscaping

If pollen allergies hold you hostage in the spring and fall, sneezeless landscaping may be the key to help with your seasonal allergic rhinitis, also known as hay fever. Hay fever affects more than 35 million individuals in the U.S. Symptoms include sneezing, congestion, itchy eyes, stuffy or runny nose and scratchy throat.

Airborne pollens are the common causes of hay fever. Airborne pollens are exactly that, pollens that are transferred via the wind.

Plants with bright flowers and strong fragrances, such as roses, usually do not trigger allergic reactions. These plants have large waxy pollen that need a carrier such as birds, bees, or other insects to carry the pollen.

Many trees, grasses, and low-growing weeds rely on the wind to carry their pollen. Pollens that are small, light, and dry are well-suited for dissemination by wind. These pollens can travel several hundred miles. Therefore, your neighbor's yard may be the source of your hay fever.

To help reduce your allergic reactions:

- Consult an allergist to determine what pollens and molds cause you to react.
- Limit your time outdoors during peak pollen seasons.
- Avoid going out early in the morning between 6 and 10 a.m. while grasses are pollinating.
- Windy days will have higher pollen counts.
- If allergic to weeds, avoid sunrise and sunset. This is the time that weeds are pollinating.
- When driving your car, keep the windows rolled up and the air conditioner on to decrease your exposure.
- Avoid plants that are wind pollinated in your landscaping plan. These plants either do not flower or have drab/inconspicuous flowers. Examples are: oaks, olive, elm, birch, ash, ragweed, sagebrush, pigweed, orchard grass.
- Keep the lawn mowed to reduce the amount of weeds.
- Remove weeds before they become established.
- Do not rake leaves, as this brings pollens and mold spores into your breathing zone.
- Do not hang sheets or clothing out to dry during periods of pollen production.

raising the
standard for
healthier
indoor
environments



490 Concordia Avenue
St. Paul, MN 55103.2441
PH - 651.268.7614
FX - 651.281.0242
TOLL-FREE - 877.521.1491
HealthHouse.org

For further information:

- American Lung Association® Health House®: www.HealthHouse.org
- American Lung Association: www.LungUSA.org
- National Allergy Bureau pollen counts: www.AAAAI.org/nab/index.cfm?p=pollen
- Allergy forecasts: www.Pollen.com
- Environmental Protection Agency: www.EPA.gov/iaq
- Local Department of Health

These tips are brought to you by the American Lung Association® Health House® program.

For more information on creating a healthier home environment, visit our Web site at HealthHouse.org.