

How to identify Allergy Triggers

season by season



Knowing common allergy triggers can make it easier to prevent and manage symptoms.

Spring



Tree pollen

is the biggest seasonal allergy trigger—and the first one to hit the air

Grass pollen

can begin in late spring. And although it starts outdoors, grass pollen is easily carried indoors by people, pets, and wind

Summer



Grass pollens

are the most common summer allergy triggers. Some types of grass are especially strong triggers, such as Bermuda Grass and Kentucky Bluegrass

Ragweed

starts pollinating in late summer and can be very bad on dry, hot, windy days

Fall



Weed pollens

such as ragweed start pollinating in late summer but can continue through October if weather is warm

Mold

doesn't just grow in damp places inside the home. It also can grow outside in wet soil, hay, straw, and piles of fallen leaves

Dust mites

lurk in moist and humid places, such as furnaces

Winter



Dust mites

can be worse triggers during the winter, when people spend more time inside

Pet dander

can increase allergy risk in winter, with pet owners spending more time in close quarters with their animals

Outdoor allergy triggers

can be a problem even in the colder months: cedar firewood and mold from wet leaves can be triggers

Seasonal Guide

to managing allergies



Once allergy triggers are identified, it's easier to control them. **Try these tips:**



Spring

- **Avoid going outdoors** during the middle of the day, when tree pollen is worst
- **Wear sunglasses on dry, windy days** to lessen irritation from airborne pollen and mold spores



Summer

- **Keep grass short and wear a mask** when mowing the lawn
- **Wipe your feet before stepping inside** so that grass pollens stay outside
- **Avoid outdoor activities** on hot, dry days, when pollen counts are higher



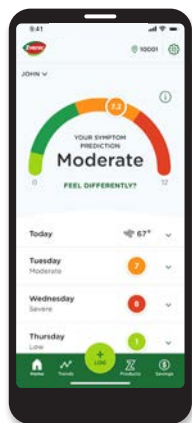
Fall

- **Keep doors and windows closed** from late morning to midday, when ragweed pollen peaks
- **Use a vacuum with a high-efficiency particulate air (HEPA) filter** frequently to reduce dust and other allergy triggers
- **Replace the furnace's air filter** before the cold season to help reduce indoor allergies



Winter

- **Store seasonal items** (such as winter clothes and holiday decorations) in airtight containers so they don't gather dust
- **Keep pets off** upholstered furniture and bathe them regularly to wash away dander
- **Brush off firewood** before bringing it inside; this can help prevent mold from entering the house. Have chimneys cleaned each year, because smoke can aggravate allergies



ALSO!

Download the free **ZYRTEC® ALLERGYCAST®** app*†

to stay on top of daily pollen counts in your area and track symptoms.



Use products only as directed.

Try ZYRTEC® to relieve your worst allergy symptoms, indoors and out‡

*Standard data rates apply.

†The information contained in the allergy forecast is provided by third parties for informational purposes only and does not represent a guarantee of accuracy or an endorsement, direct or implied, by Johnson & Johnson Consumer Inc., McNeil Healthcare Division.

‡ZYRTEC® relieves sneezing; runny nose; itchy, watery eyes; and itching of the nose or throat.