

# MAY is NATIONAL AVOID GRASS POLLEN month!

ASK YOUR ALLERGIST FOR A POLLEN COUNT APP.



If you, your child or pet suffer from a grass pollen allergy, there's something you can do.

1

Find reputable pollen reports online and learn how they are determined.

What factors are considered in the forecast and how long ago was the count performed?

2

If you must go outside, seek areas and times with lower pollen counts.

Reduce symptom intensity by breathing fewer particles for less time. Good counts help.

3

Look for patterns in the way you experience symptoms and adjust.

There is often a delay in the time you breathe an allergen and the time you start feeling it.

