



UR
MEDICINE

URMC Otolaryngology Associates
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POLLENS

TYPES OF POLLENS:

1. **TREE POLLENS** (*Spring* - late February to June)
2. **GRASS POLLENS** (*Summer* - late May to early August)
3. **WEED POLLENS** (*Fall* - late July until the first heavy frost)

TO AVOID POLLEN:

- ✓ Check pollen counts online (www.aaaai.org) or in the newspaper so you know when counts are highest.
- ✓ Remove clothing, shower, and wash your hair after being outdoors and/or before getting into bed.
- ✓ Most pollen is released into the air between 5 am and 10 am, so try to stay inside during this time.
- ✓ Avoid being outside on windy days.
- ✓ If you work outside, consider wearing a mask.
- ✓ Keep your windows closed and air conditioning on.
- ✓ Use saline nasal irrigation (neti pot or Neil Med) to rinse the pollen out of your nose after being outside.
- ✓ Start nasal sprays/antihistamines 2-3 weeks prior to your allergy season.
- ✓ Bathe pets regularly - pets can bring pollen into the house on their fur.
- ✓ Avoid bringing fresh cut flowers into the house.



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POLLEN-FOOD ALLERGY SYNDROME ("Oral Allergy Syndrome")

- Proteins in some foods are very similar to the proteins found in some pollens.
- If you are allergic to these pollens, then it is *possible* you will experience a reaction to these foods (such as oral itching or tingling).
- This is called ***cross-reactivity***.
- Cooking these foods can help you avoid this reaction.

Allergen	Cross-Reactive Foods
Birch Pollen	Apples, Almonds, Anise Seeds, Apricots, Caraway Seeds, Carrots, Celery, Cherries, Coriander, Fennel, Hazelnuts, Parsley, Peaches, Peanuts, Pears, Plums, Raw Potatoes, Soybean
Ragweed Pollen	Bananas, Cucumbers, Melons (Cantaloupe, Honeydew, Watermelon), Zucchini
Grass Pollen	Oranges, Peanuts, Tomatoes, White Potatoes, Melons (Cantaloupe, Honeydew, Watermelon)
Mugwort Pollen	Apples, Anise Seed, Bell Peppers, Black Pepper, Broccoli, Cabbage, Caraway Seeds, Carrots, Cauliflower, Celery, Coriander, Fennel Seeds, Garlic, Mustard, Onion, Parsley