

SEASONAL ALLERGY
Peak Seasons for Trees, Weeds and Grasses

TREES

White Ash	April—May
Birch	April—May
Box Elder	March—May
Red Cedar	February—April
Eastern Cottonwood	March—April
Ligustrum	April—June
Live Oak	March—April
White Oak	May--May
Pecan	April—May
Pine	February—April
Sycamore	March—May

WEEDS

Lambs Quarters	August—September
English Plantain	April—June
Short Ragweed	August—October
Pigweed, Rough	July—October

GRASSES

Bahia	May—October
Bermuda	May—September
Fescue	May—June
Timothy	June—July
Johnson	June—October

PERENNIAL ALLERGY (Present all year round)

Molds
Cats, Dogs, Pets
Dust mites