

What is pollen?

Pollen is a fine powder made by some plants. At certain times of the year, those plants release the pollen. As the pollen flies through the air, it can cause problems for people who are allergic to it. Below are the plants and the times they release pollen in Wisconsin:

- **Trees.** March, April, May.
- **Grass.** May, June, July.
- **Weeds.** June, July, August.
- **Ragweed.** Mid-August until the first hard frost.

What are the pollen allergy symptoms?

- Red, itchy, watery or puffy eyes.
- Itchy, watery, stuffy nose.
- Itchy throat or cough caused by drainage from the nose.
- Itchy skin or rash.
- Coughing, wheezing, tightness feeling in the chest or shortness of breath.



Pollen

How are symptoms treated?

- Antihistamines (allergy medicines).
- Nasal sprays.
- Saline nasal rinse.
- Allergy shots.

The healthcare team will talk with you about which treatments to use.

How to avoid pollen?

Visit for current pollen report: <http://www.aaaai.org/global/nab-pollen-counts/midwest-region>

- Keep the windows closed- especially in the bedroom.
- Do outside activities later in the day when pollen counts are lower.
- Find indoor activities when pollen counts are high.
- Use air conditioning.
- Before bed, shower and wash hair.
- Use an air purifier with a HEPA filter.
- Do not line-dry bed sheets or clothes outside. Use the dryer.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.