

SOUTHEAST *Pollen Seasons*

Check out this calendar of common seasonal allergy triggers in your area.
Year-round you may still be impacted by dust mite, pet dander, and mold allergy.

TREES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Ash				•	•							
Birch			•	•								
Cedar, Juniper		•	•	•			•	•	•	•		
Cottonwood			•	•	•							
Elm			•	•	•			•	•	•		
Maple			•	•	•							
Mulberry				•	•							
Oak				•	•							
Pecan				•	•							
Pine		•	•	•								
Sycamore				•	•							
Walnut (Black)					•	•						
GRASSES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bahia						•	•	•				
Bermuda				•	•	•	•	•	•			
Johnson						•	•	•				
Ky. Bluegrass					•	•						
Meadow Fescue					•	•						
Ryegrass					•	•	•					
Timothy						•	•					
WEEDS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cocklebur							•	•	•			
Dock/Sorrel					•	•	•					
Dog Fennel									•	•		
Kochia							•	•				
Lamb's Quarters						•	•	•				
Nettle						•	•					
Pigweed						•	•	•				
Plantain				•	•	•	•	•				
Ragweed							•	•	•	•		
Russian Thistle						•	•	•				
Sagebrush						•	•	•	•			



Treat the cause of your allergies with safe, pain-free, and effective allergy drops.
Allergy drops treat a wide variety of allergies and related conditions. Learn more at PotensAllergy.com