

Hay fever plants of California by their pollen season

Spring

GRASSES

Blue (Poa annua)
Bermuda (Cynnodon)
Brome (Bromus)
Meadow Fescue (Festuca)
Oat (Avena)
Orchard (Dactylis)
Rye (Lolium)
Sweet Vernal (Anthoxanthum)
Timothy (Phleum)

TREES

Acacia (Acacia)
Cypress (Cupressus)
Elm (Ulmus)
Juniper (Juniperus)
Maple (Acer)
Mulberry (Morus)
Oaks (Quercus)
Olive (Olae europea)
Walnuts (Julgans)

WEEDS

Amaranth or Pigweed (Amaranthus)
English Plantain (Plantago lanceolata)
False Willow (Baccharis)
Lamb's Quarters, Goosefoot (Chenopodium album)
Marsh Elder (Iva)
Orache (Atriplex)
Pellitory (Parietaria judaica)
Pickleweed (Salicornia)
Ragweeds (Ambrosia)
Sagebrushes (Artemesia)
Spiny Cockle Bur (Xanthium)

Fall

GRASSES

Bent (Agrostis)
Bermuda (Cynnodon)
Blue (Poa annua)
Koeler's (Koeleria)
Orchard (Dactylis)
Rye (Lolium)
Timothy (Phleum)

TREES

Privet (Lingustrum)

WEEDS

Amaranth or Pigweed (Amaranthus)
False Willow (Baccharis)
Lamb's Quarters, Goosefoot (Chenopodium album)
Orache (Atriplex)
Pellitory (Parietaria judaica)
Ragweeds (Ambrosia)
Russian Thistle (Salsola)
Sagebrushes (Artemesia)
Smotherweed (Bassia)

Summer

GRASSES

Bent (Agrostis)
Bermuda (Cynnodon)
Blue (Poa annua)
Brome (Bromus)
Koeler's (Koeleria)
Meadow Fescue (Festuca)
Orchard (Dactylis)
Timothy (Phleum)

TREES

Maple (Acer)
Mulberry (Morus)
Olive (Olae europea)
Privet (Lingustrum)

WEEDS

Amaranth or Pigweed (Amaranthus)
False Willow (Baccharis)
Lamb's Quarters, Goosefoot (Chenopodium album)
Marsh Elder (Iva)
Orache (Atriplex)
Pellitory (Parietaria judaica)
Ragweeds (Ambrosia)
Russian Thistle (Salsola)
Sagebrushes (Artemesia)
Smotherweed (Bassia)

Winter

GRASSES

Bent (Agrostis)
Blue (Poa annua)

TREES

Maple (Acer)
Mulberry (Morus)

WEEDS

Amaranth or Pigweed (Amaranthus)
False Willow (Baccharis)
Pellitory (Parietaria judaica)
Ragweeds (Ambrosia)

Want to Learn More?

Check out these other hay fever resources:

- American Academy of Allergy, Asthma and Immunology - www.aaaai.org/nab
- Asthma and Allergy Foundation of America - www.aafa.org
- Allergy Alert - www.pollen.com
- www.allergyescape.com/pollen-allergy.html



1-877-3-BREATHE
www.breathecalifornia.org

Breathe California of the Bay Area
1469 Park Avenue
San Jose, CA 95126
(408) 998-5865
www.lungsrus.org

Breathe California Central Coast
550 Camino El Estero, Suite 100
Monterey, CA 93940
(831) 373-7306
www.breathecentral.org

Breathe California
Golden Gate Public Health Partnership
2171 Junipero Serra Blvd, Suite 720
Daly City, CA 94014
(650) 994-5868
www.ggbreathe.org

Breathe California of Los Angeles County
5858 Wilshire Blvd, Suite 300
Los Angeles, CA 90036
(323) 935-8050
www.breathela.org

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909 12th St, Suite 100
Sacramento, CA 95814
(916) 444-5900
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Hay Fever



What is hay fever?

35 million Americans suffer from hay fever, or Seasonal Allergic Rhinitis. Hay fever is an allergic reaction that can cause:

- Sneezing
- Runny nose
- Coughing
- Itchy eyes
- Asthma attacks



Bromus arvensis L. - field brome

People who have hay fever are allergic to specific plant pollens in the air, including those from trees, grass or weeds. However, other sources such as mold spores, dust, household mites, tobacco smoke, perfumes, smog and animal dander can cause allergies with similar symptoms. The first step in dealing with hay fever or other allergies is knowing what causes your symptoms so you can avoid these triggers if possible. Allergy testing can help you find out what you are allergic to. If you know you react to plant pollen, learning more about hay fever plants will help you to avoid allergy symptoms.

Cover Photo: *Poa compressa L. - Canada Bluegrass*

What is a hay fever plant?

Hay fever plants are most often pollen-producing male plants that rely on wind to transport their pollen. Female plants, which have large, brightly colored flowers and produce seed pods, berries and fruit, usually do not bother hay fever sufferers.

People often like to plant male plants instead of “messy” female plants, which makes it hard for those with allergies. This has led to an increase in pollen counts over the years.

Because winds can carry the light-weight pollens over long distances, people with allergies may never see the plants that cause their symptoms!

While there are not that many kinds of hay fever plants, some of them, such as grasses, occur in very large numbers.



Ulmus pumila L. - Siberian elm

How can I control hay fever?

Knowing when there will be high pollen levels can help you prevent hay fever symptoms. When this happens:

- Limit your outdoor activity
- Keep your windows closed
- Take medicines before you are around pollen to reduce the effect

You can get information about pollen levels in your area through:

- Local weather reports
- National Allergy Bureau (NAB) of the American Academy of Allergy and Immunology
- www.allergyscape.com
- www.pollen.com

However, avoiding pollen all of the time may be impossible. Pollen can be anywhere, so moving to another area to avoid your allergies will probably not help. Here are some other tips to control your hay fever:

- Find and get rid of any problem plants.
- If you cannot remove problem plants, prune them back regularly.
- Avoid planting high-pollen plants near windows or doors.
- Avoid planting male (pollen-producing) plants.
- Use allergy medicine (like antihistamines or nasal sprays) before you begin gardening rather than after you get symptoms.

FAST FACT

In the U.S., approximately 14 million doctor visits are made each year because of hay fever symptoms.

Source: Centers for Disease Control and Prevention

- When working outdoors, wear glasses, a face mask, hat, gloves and long-sleeved shirt to reduce your contact with pollen.
- Garden on cool or cloudy days and in the late afternoon and evening when pollen levels tend to be lower.
- Don't dry your bedding outdoors when pollen counts are high, since pollen clings to fabric.
- Wash pets often as they can carry pollen into the house.
- Have someone else mow lawns and weed flowerbeds.
- Avoid touching your face and eyes while working outdoors.
- Rinse your nose with salt-water (saline) when pollen counts are high.
- To cut down on allergens: shower, wash your hair and change your clothes when you have finished working outdoors.

All photos in this brochure are used courtesy of the USDA-NRCS PLANTS Database