

# GETTING YOUR ASTHMA UNDER CONTROL: CONTROLLING POLLEN ALLERGIES

## A FACTSHEET FROM THE MOUNT SINAI ASTHMA PROGRAM



### Did you know...?

Pollen from trees, grasses, and weeds can cause symptoms such as coughing, wheezing, shortness of breath, and chest tightness in people who have asthma and are allergic to pollen. Pollen is a very fine powder released by trees, weeds and grass. It is then transferred through the air to other plants to fertilize them. Pollen can cause asthma symptoms such as coughing, wheezing, shortness of breath and chest tightness. Pollen counts are the highest on warm, dry, and breezy days and in the middle of the day. Pollen counts are lowest during chilly and wet periods. In the Chicago area, each kind of pollen is present during the following seasons:

- ☼ Tree pollen: Early spring
- ☼ Grass pollen: Late spring & Early summer
- ☼ Weed pollen: Late summer & fall

### How do I know if I have pollen allergies?

An allergy test by a doctor and pattern of asthma and allergy symptoms helps determine if you have pollen allergies.

### What can I do to control my pollen allergies?

The following tips may help decrease your exposure to pollen:

- ☼ **During seasons of high pollen count** – keep the windows and doors of the house closed and the air-conditioner on. This will help keep pollen from entering your home. You should also do the same when traveling in the car during seasons of high pollen count.
- ☼ **Avoid** – outdoor activity during your pollen season especially in the midday and afternoon. Pollen counts are usually their highest during these times of day.
- ☼ **Do not** – hang your clothes or linens outdoors to dry during pollen season.