



Sneezeless Landscape

Tips to reduce pollen allergies & hay fever

If pollen allergies hold you hostage in the spring and fall, sneezeless landscaping may be the key to help with your seasonal allergic rhinitis, also known as *hay fever*. Hay fever affects more than 35 million individuals in the U.S. Symptoms include sneezing, congestion, itchy eyes, stuffy or runny nose, and scratchy throat.

Airborne pollens are the common cause of hay fever. Airborne pollens are exactly the, pollens that are transferred via the wind. Plants with bright flowers and strong fragrances, such as roses, usually do not trigger allergic reactions. These plants have large waxy pollen that need a carrier such as birds, bees, or other insects to carry the pollen. Many trees, grasses, and low-growing weeds rely on the wind to carry their pollen. Pollens that are small, light, and dry are well-suited for dissemination by wind. These pollens can travel several hundred miles.

Tips to reduce pollen allergies & hay fever symptoms:

- Avoid plants that are wind pollinated in your landscape plan. These plants either do not flower or have drab/ inconspicuous flowers. Including: oaks, olive, elm, birch, ash, ragweed, sagebrush, pigweed, and orchard grass.
- Limit your time outdoors during peak pollen seasons, between 6-10 a.m. while grasses are pollinating, and on windy days when pollen counts are higher.
- When driving your car, keep the windows rolled up and the air conditioner on to decrease your exposure.
- Keep the lawn mowed to reduce the amount of weeds.
- Remove weeds before they become established.
- Do not rake leaves, as this brings pollens and mold spores into your breathing zone
- Do not hang sheets or clothing out to dry during periods of pollen production.

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Tips (cont.):

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