

Tips on Reducing Exposure to Ragweed Pollen

Tip 1 - Get to the source of the pollen problem in your neighborhood. Make certain that your own property is free from ragweed. Enlist the support of neighbors to check nearby vacant lots. Participate in any community efforts to eliminate the weed. Report the presence of ragweed to local health authorities.

Tip 2 - Avoid being outdoors in the morning hours between 5:00 and 10:00 a.m. when pollen dispersal is peaking.

Tip 3 - Control the pollen in the air you breathe at home and at work. If you plan to install an air conditioner or de-humidifier, be sure the unit has an appropriate filter.

Tip 4 - Keep car windows closed during travel, especially in the country.

Tip 5 - If possible, spend your leisure time away from lots and fields where ragweed grows. Go to the beach for vacation.

Tip 6 - Perform outdoor activities immediately following a rainfall, when the pollen has been washed from the air.

Tip 7 - Avoid hanging sheets or clothing out to dry. Pollen can collect on these items.

Tip 8 - Shower and wash hair before sleeping.

Tip 9 - Avoid insect sprays, tobacco smoke, air pollution, and similar irritants that will aggravate pollen allergy symptoms.

Tip 10 - Avoid certain foods that can compound ragweed symptoms (cross-reactivity) including: honeydew, cantaloupe, watermelon, banana, and chamomile.