



Allergy, Asthma & Sinus Center

Edwin P. Schulhafer, MD

Pollen Allergy

As allergy sufferers are aware, there are various pollen seasons. The most effective ways to avoid pollen during a particular season include:

1. The use of air-conditioning at home, especially the bedroom, and in the car.
2. Dry clothing indoor - when it is "on the line" it collects pollen.
3. Skimming the pollen from pool surfaces.
4. Avoiding outdoor activities in the evening when pollen counts are highest.
5. Showering and changing clothes when coming in from an outdoor activity.
6. Avoiding the use of fans that draw outdoor air inside.
7. Limiting outdoor activity on dry, windy days when pollen can travel hundreds of miles.

Pollen Allergy Seasons

Trees	March thru May
Grasses & Weeds	June thru August
Ragweed	Late August thru September

712 Courtyard Drive
Hillsborough, NJ 08844

Telephone (908) 526-0200
Fax: (908) 253-0035
www.bestallergycare.com

1465 Route 31 South
Annandale, NJ 08801