

# FIGHT BACK AGAINST Ragweed



RAGWEED IS A WEED THAT **GROWS RAPIDLY IN MOST REGIONS** OF THE UNITED STATES AND THERE ARE 17 SPECIES OF IT.

IT **DOMINATES** THE DAYTON AREA AS THE MAIN TRIGGER FOR FALL ALLERGIES

**DAYTON IS 8TH IN THE NATION**

FOR MOST CHALLENGING PLACE IN THE COUNTRY TO LIVE WITH FALL ALLERGIES.



IT REACHES ITS PEAK IN MID-SEPTEMBER AND CAUSES SEASONAL ALLERGIC RHINITIS OR HAY FEVER IN UP TO

**23 MILLION AMERICANS**

## FIGHT BACK! BE A SUPERHERO AND AVOID THE FOLLOWING TRIGGERS



### Know the forecast

The longer it stays warmer into the fall months, the more time plants have to pollenate. A warmer fall may mean symptoms will last longer.



### Create barriers

Create artificial barriers to pollen by spending more time indoors during peak pollen hours. Keep windows and doors shut and rely on air conditioning.



### Delay outdoor exposure

Pollen is at its highest during the morning hours and then slowly decreases as the day progresses.



### Choose travel destinations wisely

Consider destinations that are pollen free such as beaches where foliage is limited. A mountainous area may not be the best choice for those struggling with allergies.

For more information on fall allergies, visit [premierhealth.com/your-health](http://premierhealth.com/your-health).

SOURCE: American College of Allergy, Asthma and Immunology (ACAAI); Asthma and Allergy Foundation of America (AAFA)