ALLERGENS BY MONTH - BUTTE, GLENN & TEHAMA COUNTIES

January

Pollen is mild unless living around Alders, Cedars, or Cypress/Juniper which will be pollinating heavily this time of year. Some pine pollen is also seen depending on the elevation of your home. The upper elevations around the Sacramento Valley will see pine pollen heavier and later than the valley. We still see occasional grass activity during warm weather times.

Mold is generally mild and will be absent if there is any freezing.

Indoor allergens such as indoor pets, house dust mite, cockroach allergen are increased because homes are generally kept more airtight during inclimate weather. Indoor air pollution is most prevalent this time of year also depending on how much mix with fresh outside air is allowed.

February

Pollen is mild as the Alders, Cedars and Cypress/Juniper starts to wane. The Alders will be finished usually by the middle of the month with cedar/juniper and fir continuing through the month. Grass and weeds are gradually increasing but remain very mild. The later parts of the month we see some almond pollen but this pollen is not very allergenic since the tree is mostly insect pollinated. Still, any pollen can be allergenic if you live close to high numbers of pollinating plants.

Mold is gradually increasing as the weather warms and grasses, weeds and almond trees become active. Molds become moderate in number at times but will not peak until later in the spring and again in the fall when they are at their highest levels.

March

Pollen season begins in this month with the early stages of a “symphony” of tree pollen. With the exception of the above mentioned trees and Chinese Elm, every other tree will pollenate over the next three to four months. Alder finishes this month but cedar and pine continue to pollenate all of March. Birch, ash, and Elm appear early in March. By the end of March, Box Elder/Maple, Mulberry, Oak, Poplar, Sycamore and Sweet gum appear with Oak dominating the pollen scene for tree allergens in the our area. Mulberry is also a major problem since it has been planted in many housing developments as a fast growing shade tree. Grasses are gradually increasing toward the end of the month and will peak in May/June. Weeds are making their first serious appearance. We will see less and less of Cedar but Pine will become more prevalent and continue through the summer with peaks in late May or June.

Molds are increasing with the pollen season with some of the spring peaks being seen in March.

Indoor allergens such as indoor pets, house dust mite, cockroach allergen are lessened because homes are generally kept more open as the weather improves. Still, they remain a problem for many people throughout the year and are truly “perennial” allergens.

April

Pollen from trees reach their peak with the addition of Walnut which can start in late March and continue into May. Sycamore and Willow will fade out but Oak remains a major pollen source. Mulberry, another major pollen source around our homes will finish the end of this month. Grasses continue to increase gradually. Weeds continue to increase and will fade into the summer, peaking again briefly in the fall with the grasses.

Molds are consistently present throughout the month but not at peak levels.

May

Pollen from trees continue to be a major allergen force with the addition of Olive. Oak and Walnut along with the other trees gradually fade out during this month. However, Pecan, a relative of walnut will continue through the month pollinating later than the walnut. By the end of May, Oak and Walnut will be finished, Olive will be reaching it’s peak, and we will still see some Cedar and Pine pollen depending on where you live. Grasses will be reaching their spring peak and more weeds are seen depending on what part of the valley we are in.
Molds stay consistent with some isolated spring peaks being seen usually at the end of the month.

**June**

Pollen from trees gradually fade away with the close of the Olive season. Privet, a close relative of Olive, will pollenate into July. Grasses and weeds will continue to be a problem especially around agricultural fields where there is irrigation.

Molds stay consistent with some peaks in early June.

**July/August**

Pollen is very mild during the summer with Cedar and Pine being the only trees until September when the Chinese Elm appears.

Grasses and weeds will continue at modest levels with the weeds peaking the end of the summer depending on elevation.

Molds stay consistent and present at moderate levels.

**September**

Pollen can peak again briefly depending on the rain and temperature. A second and brief Grass and Weed season can be seen again depending on climate and elevation. The Chinese Elm pollinates this month and we continue to see some Cedar and Pine in small amounts.

Molds usually increase with the harvest season. Some of the most significant peaks of the mold season are seen the end of this month and in October.

**October**

Pollen will be fading significantly with the occasional Cedar, Pine and Grass pollen being seen. Weeds will be fading out for the year.

Molds will continue throughout the month and again, reach some of the most significant peaks of the year.

**November**

Pollen remains minimal to absent and usually below any threshold that would cause allergy symptoms.

Molds remain a constant problem and can peak off and on throughout the winter months. They will be absent only on days of “freezing” which are rarely seen except at high elevations.

Indoor allergens such as indoor pets, house dust mite, cockroach allergen are increased because homes are generally kept more airtight during inclimate weather. Indoor air pollution is most prevalent this time of year also depending on how much mix with fresh outside air is allowed.

**December**

Pollen remains minimal until the end of December when the Cedar and Alder season begins. High levels of these pollens are seen depending on elevation and location and can cause significant allergies.

Molds remain a constant problem throughout the winter months. They will be absent only on days of “freezing” which are rarely seen on the valley floor.

Indoor allergens such as indoor pets, house dust mite, cockroach allergen are increased because homes are generally kept more airtight during inclimate weather. Indoor air pollution is most prevalent this time of year also depending on how much mix with fresh outside air is allowed.