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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.