



CANINE & FELINE TREE ALLERGENS

HAZELNUT

(*Corylus americana*)



* January - April

ALDER

(*Alnus serrulata*)



* February - April

WILLOW

(*Salix nigra*)



* March - May

ASH

(*Fraxinus americana*)



* April - May

BEECH

(*Fagus grandifolia*)



* April - May

BIRCH

(*Betula populifolia*)



* April - May

OAK

(*Quercus rubra*)



* April - May

PRIVET

(*Ligustrum vulgare*)



* June - July

TIPS ON REDUCING EXPOSURE

- Avoid exercise routes around wooded areas
- Keep hedges well cut to limit flowering
- Avoid areas with high concentrations of the named allergen e.g. beech woods
- Remember that tree pollens are seasonal with many species flowering early in the year
- Be aware that species related to the named allergen can also be problematic

*Approximate flowering time

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