

Spring Allergies 2019: A Timeline and Tips to Handle Allergies This Season

Spring officially started! We can say goodbye to winter, but when do we have to say hello to allergy season? It seems like allergy season lasts all year, and technically it does. Watery eyes, stuffy nose, rashes and other symptoms can show up thanks to triggers all year.

So, when does spring allergy season actually start? And more importantly for me, when can I expect it to end? We look into and provide tips to help you get through spring allergies below.

When Do Spring Allergies Start?

Spring allergies occur for most people because of pollen. There are different types of pollen to consider (like tree pollen, grass pollen, ragweed pollen). Tree pollen hits in late March and April, and grass pollen isn't far behind it. Other types of pollen hit later in spring into summer.



Experts say that warmer-than-average winter temperatures and climate change mean allergy season starts earlier and ends later. These factors lead to early tree pollination and led to higher pollen counts than normal for this time of year. As a result, we're experiencing an early start to allergy season. And if you suffer from tree pollen allergies, you're likely among the first to feel the effects.

Scientists have a hunch that an early allergy season could mean we're in for a longer-than-average season. But because rainfall amounts have a bearing on how long trees and flowers pollinate; it's too early to predict for sure. Whatever the outcome, if you are prone to seasonal allergies, now is a great time to get prepared.

Tips for Dealing with Spring Allergies

Use these simple tips to avoid symptom-triggering pollen and breathe easier this spring:

Know Your Pollen Count

Keep an eye on the daily pollen count for your city. You can use our handy pollen alert tracker in our Learning Center to track your city's daily reports. On days the count is high (120 or above), stay indoors if possible, to keep pollen exposure to a minimum.

Close Your Windows

Although it's tempting to open your windows and let fresh spring air indoors, it may not be the best thing for your symptoms. Keep windows and doors closed to avoid letting pollen spores circulate and settle inside your home.



Shower After Spending Time Outside

Take a shower after spending time outdoors to wash pollen out of your hair and keep it from falling onto your pillow.

Consider Using An Air Purifier

Air purifiers, especially those that have HEPA filters, filter even the tiniest pollen spores out of your air along with other symptom triggers like dust, mold, and pet dander. With regular use, you can reduce and even eliminate your symptoms. Browse our [air purifiers for allergies](#) to see our top recommended models.

When to Expect Spring Allergies to End

So, when do spring allergies go away? Unfortunately, the same qualities that make allergy season start earlier also makes them stay longer. April tends to be the worst month for most spring allergy-sufferers, but spring allergies typically last until early summer. It's pretty easy to see why: That's when most of the flowers and trees are blooming.

Tree pollen is the most common culprit for spring allergies. Grass and weeds also cause issues later in the spring allergy season. Most people see their allergy symptoms start to disappear by early June, but it can change depending on where you live in the country. The best idea is to be prepared and use our tips to fight them any time of year.

<https://www.sylvane.com/blog/battle-early-spring-allergies/>

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