

Allergy Season is Here: Know What's in the Air

Spring has arrived in the Willamette Valley and so has pollen season. If you've been sneezing, experiencing itchy eyes, or feeling congestion, you're not alone. Understanding what's triggering your symptoms can help you manage them better.

What Are Pollen Counts?

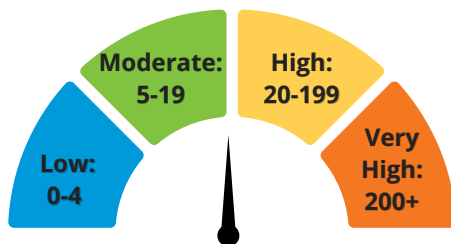
Pollen counts measure the number of pollen particles per cubic meter of air over a 24-hour period. Oregon Allergy Associates tracks daily pollen levels using a specialized air sampler in downtown Eugene—one of only about 50 stations nationally reporting data to the National Allergy Bureau.

What we count:

- Grass pollen (peaks late spring/summer)
- Tree pollen (peaks early spring): Alder, Ash, Birch, Cottonwood, Oak, Pine, and more
- Weed pollen (peaks late summer/fall)

Understanding Pollen Levels

Grass Pollen Scale



Tree Pollen Scale



Did You Know?

Pollen counts are typically higher on warm, dry, windy days, especially in the morning.

Tips to Reduce Allergy Symptoms

- Check pollen counts daily at OregonAllergyAssociates.com/pollen-counts
- Limit outdoor time on high pollen days
- Use air conditioning with a HEPA filter
- Keep windows closed in your home and car
- Take allergy medications before symptoms start

When to See an Allergist

If over-the-counter medications aren't controlling your symptoms, or if allergies are affecting your sleep, work, or daily life, we can help. We offer:

- Comprehensive allergy testing
- Personalized treatment plans
- Immunotherapy (allergy shots)
- Expert care from board-certified allergists