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Allergy forecast today nyc

Do you experience allergies all year round? Or do your allergies seem to flare up in just a few months out of the year? Common allergy symptoms include sneezing, nasal congestion, skin rash, runny nose, wheezing, coughing, and itchy, watery eyes, among others. You can link your symptoms to the allergy season, but what does it mean? Many believe that the allergy season occurs only in the spring months when pollen is in the air. In reality, however, there is no single allergy season that applies to all people with allergies. It really depends on what you are allergic to and where you live. Someone with an allergy to tree pollen may experience allergy symptoms during the spring or summer when pollen is more prevalent, while someone with an allergy to dust mites may experience more symptoms during the cold winter months when more time is spent indoors. Your symptoms are related to exposure. Here's a month-by-month breakdown of when you're most likely to come into contact with certain allergens: January: Indoor allergens are more of a problem during the winter because more time is spent inside your home also means increased exposure to things like dust mites, pet dander, and mold. You can reduce exposure by eliminating these allergens from home by keeping moisture below 40%, washing your bed linen in warm water and regularly vacuuming and cleaning your home. (Tip: you should use a vacuum cleaner with a HEPA filter.) While relatively rare, some people may also experience cold urticaria, which is an allergic reaction to cold temperatures. It can cause hives, redness, swelling and itching after you have been exposed to the cold. February: Indoor allergens can continue to exacerbate your symptoms in February. It is also possible to see tree pollen appearing around the United States this month, even in the colder Northeast. Allergy symptoms can be caused by pollen from alder, maple, hickory, elm, and walnut trees, among others. Cedars also pollinate in the winter months (December to March). Tree pollen can cause the same allergy symptoms that are common in spring allergies, such as sneezing, congestion, and itchy, watery eyes. March: With winter starting to move into spring, pollen will become more of a problem in March. In addition to tree pollen, pollen from grass and grass can also be a problem if spring comes early. Make sure you upload your favorite pollen tracker app on your phone as March rolls around! Knowing the pollen count can help you plan your daily activities in an effort to reduce exposure to allergens (e.g. exercise outdoors when pollen counts are low). April: Be sure to make an appointment with allergists and stock on medications before April rolls around if you have a pollen allergy - April is the height of pollen production for many trees, grasses, and weeds. This can leave many people with seasonal allergies feeling quite miserable. Remember to keep the windows closed to avoid airborne allergens into your home. May: Tree and grass pollen remains a concern in May. You can also start to see more insects out and about, so be wary if you are allergic to insect stings or bites. June: Grass pollen such as bermuda, oats and rye is in full effect in June and can be affected by environmental changes, such as temperature and precipitation. If you haven't experienced any symptoms from grass pollen yet, it's likely you may start noticing symptoms during this month. As the temperature heats up you will probably want to spend more time outside, which means increased exposure to pollen. (Be sure to check the pollen tracker app before you head outside.) You can avoid taking pollen into your home by taking off your shoes at the door and changing clothes as soon as you get in. It's also a good idea to shower before going to sleep to avoid bringing pollen into your bed. July: July brings some good news with it: grass and tree pollen levels should start to decrease. Unfortunately, however, weed pollen can still be a problem, and fungi and mold spores begin to make an appearance. Mold spores are found in damp environments, so check the bathroom and basement for accumulated moisture or leaks. August: Mold levels will begin to peak due to hot, humid weather. Ragweed season also begins in mid-August and it can be a difficult pollen to avoid - it has been found two miles into the atmosphere and 650 miles out at sea! The best course of action is to take medications and avoid exposure. September: Weed pollens continue to be a problem for allergy sufferers in September, and ragweed will reach its peak in the middle of the month. A single ragweed plant can produce billions of pollen grains and some of the pollen can be around until the first frost of the season. October: You may get some relief from your fall allergy symptoms during October, but there are still allergens hanging around. Increased precipitation can lead to growth in the production of mold spores. November: Here's something to be grateful for in November: ragweed season is on its way out! November is one of the better months for people with outdoor allergies as pollen levels decline during this month. But as things get cooler and you again start spending more time indoors, you need to cope with mold, dust and pet dandr. December: As in November and January before that, indoor allergies will be a concern in the month of December. Those with allergies to dust mites may see more symptoms during December as holiday decorations are brought out of storage and anyone with an allergy to mold should be careful if they bring a live Christmas tree into the home as there may be mold spores on the branches. Are you prepared for your own personal allergy season? The first step to preparing for the allergy season is to be tested to learn what you are allergic to. Once you know what brings the allergy symptoms to, you can reduce or exposure no matter what time of year it is. If you have questions about dealing with allergies, do not hesitate to reach out to us. We're here to help! Feel free to call us at 212-729-1283 or email us at info@hudsonallergy.com. Search more comments are closed. HomeAboutCampuse's Louis Calder CenterResearchIndicesFordham Pollen Index Fordham Pollen Index is measured by collecting pollen from the air at our Lincoln Center campus in Midtown Manhattan and from our Louis Calder Biological Field Station in Armonk, NY. Allergy season in northeastern United States runs from early March to late October. Trees, grass and grass release wind-blown pollen that is invisible, but can give us runny nose, itching and congestion. However, it can be more severe and some people get asthmatic symptoms. Trees produce the most pollen; they flower from spring to early summer. Then grass and weeds begin to bloom. Most grass and grass pollen is released from August to October. In early spring, our pollen stations begin to post daily counts. For every day you see a pollen count, you get the number of pollen grains that our air sample collected over a 24-hour period, showing how many pollen grains we counted in each cubic meter of air. The count we provide is followed by the list of specific pollen types in their order of importance. Note that the pollen count is not a forecast. The last count will be from the previous day. However, plant flowering times are quite predictable, and if you follow the counts over a few days, you can see which pollen types are on the rise. So if you have allergies and you know what you are allergic to, this may be a good time to see your doctor. Pollen Fact of the Week: Fordham's Pollen Monitoring Station at Louis Calder Center will be 20 years old in 2017 (and Louis Calder Center will be 50 years old!). Time flies when you count pollen! View the pollen counting worksheet. For further information, contact Dr. Guy Robinson. Connect to the social account { * loginWidget * } { * #userInfoInformationForm * } { * traditionalSignIn_emailAddress * } { * traditionalSignIn_password * } Registration allows you to participate in all areas of this site. By submitting your information above, you agree that the information you provide will be controlled by the site's & Privacy Policy.& { * traditionalSignIn_signInButton * } { * traditionalSignIn_createButton * } { * #userInfoInformationForm * } { * #userInfoInformationForm * } { * traditionalSignIn_emailAddress * } { * traditionalSignIn_password * } { * traditionalSignIn_signInButton * } { * #userInfoInformationForm * } Registration allows you to participate in all areas of this website. 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