



FACTS ABOUT POLLEN

Nevada has recently had one of the wettest seasons on record. Horticulturalists have predicted a substantial increase in wildflowers and pollen this year. Therefore, residents with allergies should be prepared for a high-pollen allergy season.

What you should know about pollen:

- ❖ Native and introduced species of trees, grasses, shrub, weeds, and desert plants generate pollen.
- ❖ Pollen contains proteins foreign to our blood. About 15% of the population is strongly affected by the histamines our body cells release into the bloodstream when triggered by pollen. These histamines attack body organs and cause stuffy noses, watery eyes, irritated throats, coughing, and sneezing.
- ❖ To combat allergies, take medication (after consulting with your physician) in advance of windy days.
- ❖ March marks the beginning of spring, with the blooming of plants, trees, and shrubs. Rain will postpone pollination while it falls, but plants will begin pollinating as soon as the rain clears. Be prepared.
- ❖ A good indicator of the beginning of the pollen season is a yellow-greenish dust that may show up on your car, in window seals, or on the ground. This "dust" is pollen.
- ❖ Pollen is at its highest on windy days, when the wind stirs it up and carries it farther than usual; pollen is at its lowest after a prolonged rain, which washes it out of the air. Pollen counts are higher in the morning, so plan outside activities or chores for the afternoon.

What you can do to avoid pollen:

- ❖ Avoid open windows, attic fans, and other unfiltered openings that can let pollen into your home. Instead, run central air conditioning or a well-filtered window unit to circulate air. Consider using a screen filter to keep pollen out when you want to open a window.
- ❖ Replace furnace filters regularly.
- ❖ Avoid hanging your clothes on an outside line where they can collect pollen. Use a vented dryer instead.
- ❖ Outdoor pets are often covered in pollen. Wipe them down before you let them indoors.
- ❖ Avoid yard work, like mowing the lawn or raking leaves, on high-pollen days. It will stir up more allergens than are already airborne.
- ❖ Clothes and shoes collect pollen outside. When you get home, leave your shoes by the door and change your clothes as soon as possible.
- ❖ Keep car windows and sunroofs closed and the air conditioning on to prevent pollen from getting into your car.

Sneezeless Landscapes

Deciduous Trees

Blue Palo Verde
Chilean Mesquite
Chinese Pistache
Chinese Tallow
Desert Willow
Fig
Flowering Plum
Honey Locust
Mexican Palo Verde
Palm

Shrubs

Boxwood
Cottoneaster
Heavenly Bamboo
Oleander
Photina
Podocarpus
Pyracantha
Texas Ranger
Viburnum
Xylosma

Ground Covers

Dichondra
Hybrid Bermuda Grass
Hottentot Fig Ice Plant
Myoporum
Verbena
Yellow Bird of Paradise
Yucca

Evergreen Trees

Bottle tree
Carob tree
Eucalyptus
Strawberry tree

Vines

Catclaw
Creeping Fig
English Ivy
Virginia Creeper

List of plants residents should avoid in their landscapes

👉 Common Bermuda Grass
👉 Privet
👉 Siberian Elm
👉 Fountain Grass
👉 Fruitless Mulberry
👉 Johnson Grass
👉 Juniper
👉 European Olive

👉 Rabbit Brush
👉 Russian Thistle
👉 Sagebrush
👉 Saltbrush
👉 Common Ragweed
👉 Pigweed
👉 Johnson Grass

For more information about pollen, log onto www.accessclarkcounty.com or www.pollen.com. You may also visit the Gardens at the Springs Preserve, 371 W. Alta (Alta/Charleston), the Civic Center Gardens in North Las Vegas, or the Acacia Park Demonstration Gardens in Henderson for landscaping and plant information.



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