

Fall Allergy Season in Oklahoma

Unfortunately, if you are an allergy sufferer, Oklahoma has been ranked one of the worst states in the U.S. for fall allergies according to the Asthma and Allergy Foundation of America. Tulsa ranks 10th in worst cities for allergies and Oklahoma ranks 5th. Global warming is also resulting in an increase in allergens due to a lengthened growing season. You might be asking, 'Why would my allergies be so bad in the fall and not spring?' Fall can be a particularly bad time for allergies due to mold and Ragweed pollen. Many people are particularly sensitive to Ragweed pollen and these plants can release pollen beginning in mid-August to the first hard freeze of the year. In addition to Ragweed, falling tree leaves can also cause problems. Raking leaves can stir up pollen and mold into the air. If you are allergic to certain trees, for instance Maple, raking the leaves can result in an allergic reaction if wet leaves touch your skin or if dust from the leaves or mold is inhaled. High humidity and water can result in the growth of mold, especially in a wet year such as we have had for 2019.

What can you do if you are sensitive to fall allergens? Here are a few things to consider:

- Check pollen levels daily. If you know the particular type of allergen you are allergic to you, can monitor the levels in the air
- Wear protective clothing when raking leaves and wear a mask
- Take a shower and wash your hair immediately when you enter the house if you have been working outside
- Monitor the moisture in your home. Less than 60% is ideal. Identify places where mold can grow such as bathrooms or basements
- Wash textiles in your home that can trap dust such as carpets, curtains and bedding
- Use an allergen setting on your washer if you have one