

The Top 10 Most Common Allergens

Researchers say about **50 MILLION** Americans suffer from nasal allergies.* The culprits of their discomfort can be lurking both outside and inside their homes.



#1 GRASS ALLERGENS
(OUTDOOR)

SEASON:
Abundant in late spring & summer

LOCATION:
Nationwide,
Rye grass & Bermuda grass are big offenders



#2 DUST MITE ALLERGENS
(INDOOR)

SEASON:
More prevalent in the summer with high humidity

LOCATION:
Highest concentrations in the Northeast & lowest in the West



#3 WEED POLLEN
(OUTDOOR)

SEASON:
Late summer & fall, peaking in mid-September

LOCATION:
Nationwide



#4 TREE POLLENS
(OUTDOOR)

SEASON:
Released in spring & summer, starting in January in the South

LOCATION:
Birch pollen found in the Midwest, Northeast & West; Oak pollen found in the Midwest, Northeast & South



#5 + 6 CAT + DOG ALLERGENS
(INDOOR)

SEASON:
Year-round

LOCATION:
Detected in every U.S. home tested, even in pet-free homes



#7 INDOOR MOLD SPECIES
(INDOOR)

SEASON:
More prevalent in rainy seasons with water leaks & moisture buildup

LOCATION:
Nationwide



#8 COCKROACH ALLERGENS
(INDOOR)

SEASON:
Year-round

LOCATION:
Higher levels in Northeastern cities compared to the Northwest & Southwest



#9 RODENT WASTE ALLERGENS
(INDOOR)

SEASON:
Year-round

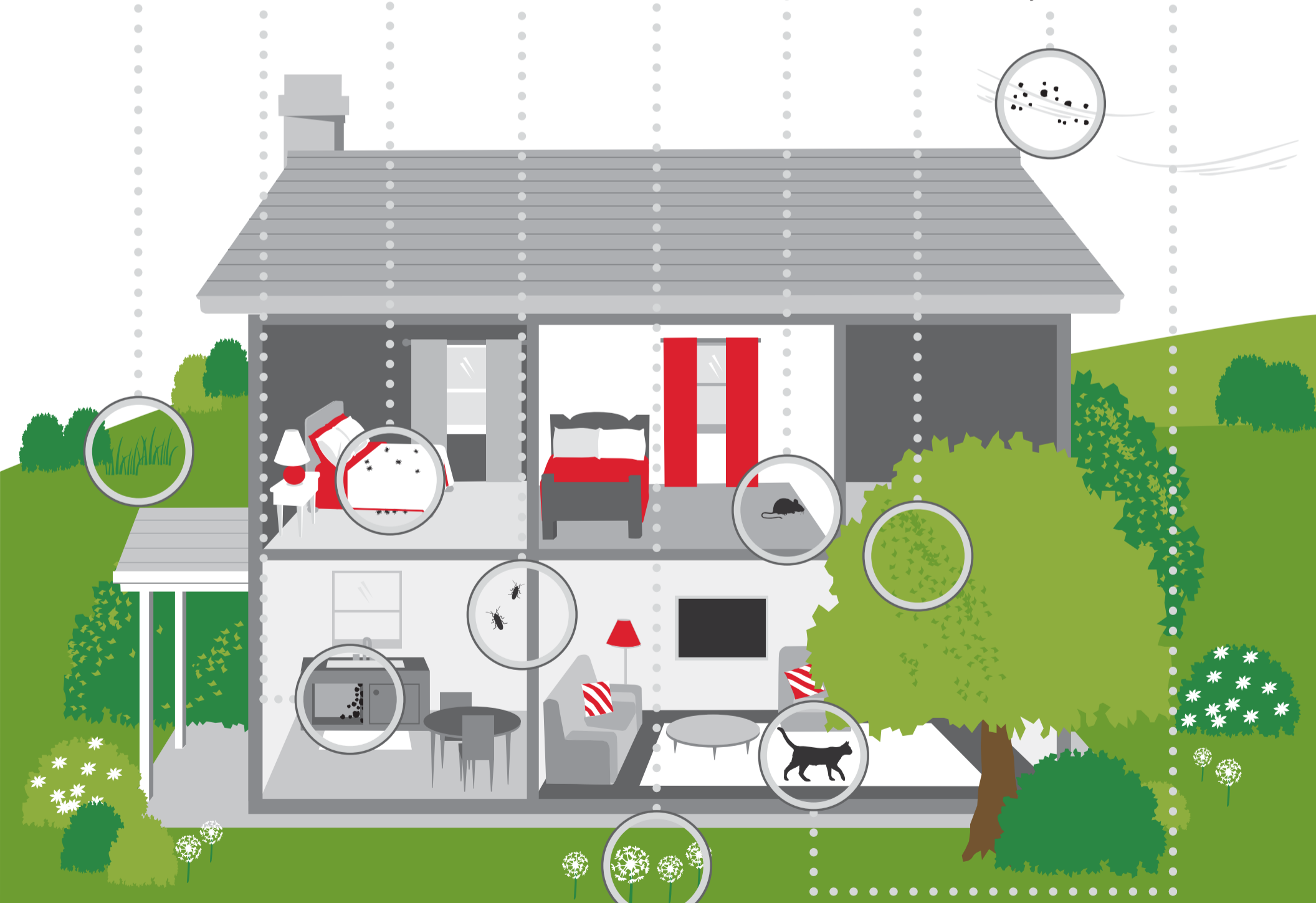
LOCATION:
Found in 82% of homes across the U.S.



#10 OUTDOOR MOLD SPECIES
(OUTDOOR)

SEASON:
Certain types highest in the summer

LOCATION:
Can be dispersed hundreds of miles by wind



* Source: Allergy and Asthma Foundation of America, <http://www.aafa.org/page/allergy-facts.aspx>