

How to identify allergy triggers season by season



Knowing common allergy triggers can make it easier to manage symptoms.

Spring

Tree pollen

is the biggest seasonal allergy trigger— and the first one to hit the air

Grass pollen

can begin in late spring. And although it starts outdoors, grass pollen is easily carried indoors by people, pets, and wind

Summer

Grass pollen

is the most common summer allergy trigger. Some types of grass are especially strong triggers, such as Bermuda Grass and Kentucky Bluegrass

Ragweed

starts pollinating in late summer and can be very bad on dry, hot, windy days

Fall

Weed pollen

such as ragweed start pollinating in late summer but can continue through October if weather is warm

Mold

doesn't just grow in damp places inside the home. It also can grow outside in wet soil, hay, straw, and piles of fallen leaves

Dust mites

lurk in moist and humid places, such as furnaces

Winter

Dust mites

can be worse triggers during the winter, when people spend more time inside

Pet dander

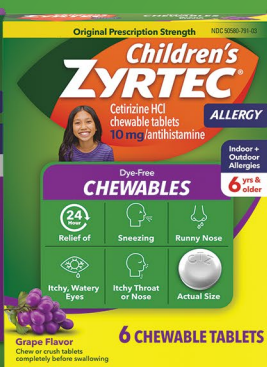
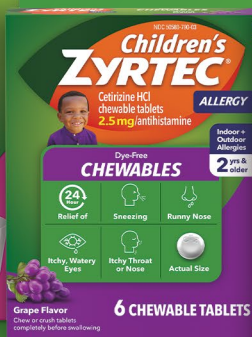
can increase allergy risk in winter, with pet owners spending more time in close quarters with their animals

Outdoor allergy triggers

can be a problem even in the colder months: cedar firewood and mold from wet leaves can be triggers



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INDOOR



Pet Dander



Mold



Dust

OUTDOOR



Weed Pollen



Grass



Tree Pollen



#1 Pediatrician-recommended
brand for children's allergies*

* Among OTC Allergy Brands.



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