

Allergies in Maine

Allergens by Season

Maine has a variety of pollen allergies throughout the year. Each season has its allergies it may bring.

Spring

Once winter melts away, tree allergy season will begin in Maine. Juniper, poplar, maple, oak, and birch trees are the primary spring allergies for Maine residents.

Common Allergens

Maine has a variety of tree, grass, and weed pollen present every allergy season.

Common Symptoms

Maine residents can expect the following allergy symptoms:

- Runny nose
- Coughing
- Congestion
- Sneezing
- Headaches
- Scratchy throat
- Itchy eyes
- Watery eyes
- Hives
- Aggravated asthma symptoms

As always, reactions will vary from person to person, but in general, allergies will cause one or more of these symptoms to occur.

Summer

Summer allergies in Maine will mostly consist of grass allergies. The grass allergies in Maine will include ryegrass and bent, timothy, brome, fescue, sweet vernal, and orchard grass pollen. Late May is usually the beginning of grass allergies, with the peak happening in June.

Limiting Exposure

Limiting your exposure can help manage and reduce the severity of your symptoms. The following are some methods to try.

- **Check pollen count:** On high pollen count days, try to stay indoors or wear a dust mask when you have to go outside.

- **Keep windows closed and run A/C:** Pollen can float in through the windows, so keep them closed and run the air conditioner during allergy season. A HEPA filter on your A/C can also help.
- **Clean the house:** Make sure to vacuum frequently, dust hard surfaces with a wet rag, and do laundry often. You'll likely get pollen in your home and on your clothes, so keeping things clean can reduce the level of pollen in your home environment.
- **Shower frequently:** Pollen sticks to your skin and gets in your hair, so be sure to shower when you get home.