

More than 35 million people suffer from allergies in the United States. An allergy is an abnormal reaction to a very small amount of a specific substance, very often mold or pollen. People react differently to allergens, but some of the common symptoms are runny nose, watery eyes and sneezing. The M&A staff measures pollen and mold levels on a daily basis and communicates these numbers to local media.

Tree and grass pollens are the most common Southwest Ohio allergens and can be almost impossible to escape. Oak, cedar, mulberry, maple, elm, poplar, box elder and grasses are the most prevalent sources of pollen in Southwest Ohio from late March through mid-July. Ragweed, the most allergenic plant of North America, blooms from August through October. Mold spores are also in full swing all summer and can even be found indoors year-round.

To learn more about pollen and mold in the Greater Cincinnati area, the AQMD produces a free “Living with Allergies” brochure. The brochure explains more about allergies, their causes and how to help ease the discomfort of them. For a free copy of the brochure, call 513-946-7747. To keep track of the daily pollen and mold counts, residents can call the Pollen and Mold Hotline at 513-946-7753 or visit www.hcdoes.org.

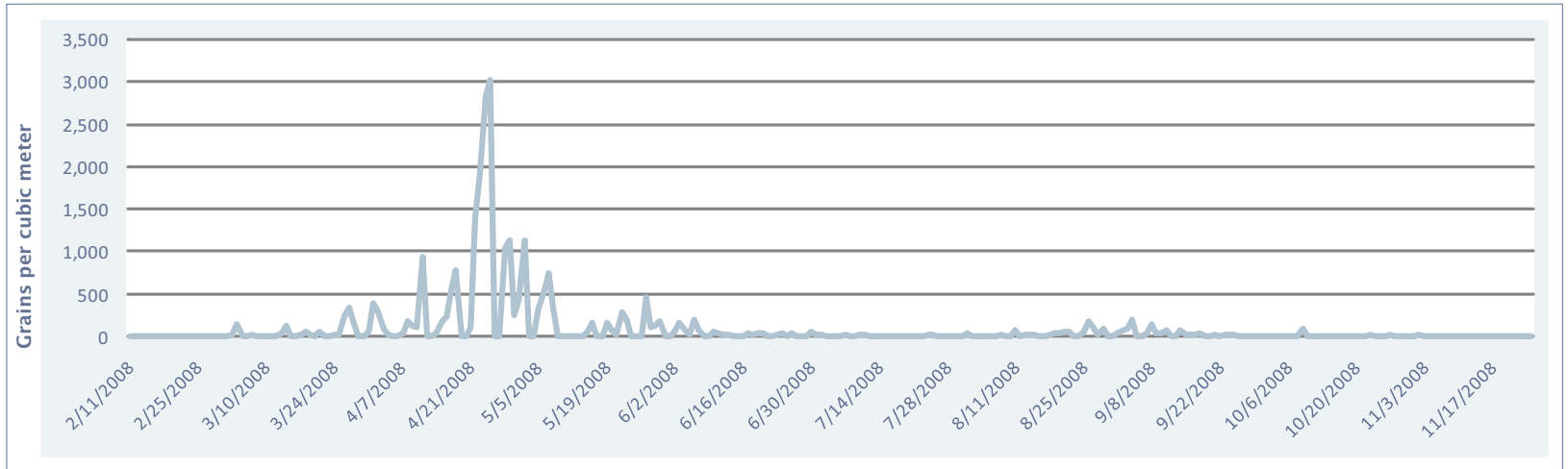


Microscopic Pollen Particles

Pollen and Mold Chart

	Pollen Grains per cubic meter	Mold Spores per cubic meter
Low	0 - 20	0 - 500
Moderate	21 - 100	501 - 1500
High	101 - 1000	1501 - 5000
Very High	> 1000	> 5000

2008 Total Pollen Count



2008 Total Mold Count

