HYCOR seasonal pollen guides are designed to alert patients with seasonal allergies about the pollen cycles in their area. Visit www.whatisallergy.com for more information.

**Seasonal Pollen Guide for Washington & Oregon**

### TREES

- Alder, Red
- Elm, Chinese
- Poplar, White
- Aspen, Quaking
- Walnut, English
- Willow, Black
- Privet
- Salt Cedar
- Tree of Heaven

### GRASSES

- Bluegrass, Annual
- Oats, Wild
- Rye, Cultivated
- Sweet Vernal Grass
- Fescue, Meadow
- Oats, Cultivated
- Orchard Grass
- Wheat, Cultivated
- Bluegrass, Kentucky/June
- Brome, Hungarian/Smooth
- Canary Grass, Reed
- Oat Grass, Tall
- Rye, Alkali
- Salt Grass
- Redtop
- Ryegrass, Perennial
- Timothy
- Velvet Grass
- Wheat Grass, Western
- Corn

### WEEDS

- Dock, Yellow
- Sheep Sorrel
- Plantain, English
- Poverty Weed
- Wingscale
- Burning Bush
- Nettle
- Russian Thistle
- Cocklebur
- Pigweed, Rough/Redroot
- Wormwood, Common
- Goldenrod
- Lamb’s-Quarter
- Ragweed, False
- Sagebrush, Common