Regional Allergen Zone 7

States: AR, Eastern NM, Northern LA, OK, and TX

Allergen Groups	Description	Seasonal Calendar											
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Trees	Cedar, Mountain												
	Elm, American												
	Ash, White												
	Oak, White												
	Mulberry, White												
	Sweet Gum												
	Maple/Box Elder												
	Mesquite												
	Hickory, White												
Grasses	Bahia grass												
	Bermuda grass												
	Bluegrass, Kentucky												
	Johnson grass												
Weeds	Nettle												
	Plantain, English												
	Wingscale												
	Sheep Sorrel												
	Pigweed, Rough												
	Ragweed, Short												
Molds	*Alternaria tenuis*												
	Aspergillus fumigatus												
	Cladosporium herbarum					year around							
	Penicillium notatum												
	Stemphylium botryosum												
	Mucor racemosus												
Dust Mites/Animals	*Dermatophagoides farinae*												
	Dermatophagoides pteronyssinus												
	Cat Hair, Standardized					year around							
	Dog Epithelia												
	Cockroach, American												