

Good Pollen Places

Perhaps you are one of those many people affected by environmental allergens. Have you ever thought about traveling to places with fewer allergens? As a traveler, you have so many options. The choice is yours. Recently I discovered a few great websites that actually provide a forecast of the pollen count throughout the United States. If you have allergies all year, you are most likely allergic to dust, molds, or dander. However, if your allergies appear to be seasonal, you may be allergic to allergens such as trees, grass or ragweed.

If you go to www.weather.com, you can find pollen forecast for various cities in the United States. You can look up a specific city or you can look up the specific allergen. For example, this week, grass pollen is highest in Asheville, NC, Burlington, VT, and Richmond, VA. You can also look up what the humidity is like in your city of choice which may affect mold and dust levels.

Another website I found, www.pollen.com, gives you a more general view of allergen counts. For example, right now, today's worst overall cities for allergens on this website are: Jackson, MS, Abilene, TX, Gulf Prot, MS, Wichita Falls, TX and New Orleans, LA. The best cities are: Fargo, ND, Grand Fork, ND, Jamestown, ND, and Duluth, MN. They give you overall allergen levels (low, medium, high) rather than specifying which allergen is high right now such as grass or ragweed.

If you are tired of walking around with a Kleenex in your hand, a red nose, and a box of Claritin, you may want to consider looking into the pollen count on your next potential assignment. If nothing else, it is all very interesting to compare the differences among various places. You may be more affected by your environment than you realize.