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## Pollen Breakdown

Do you know which kinds of pollen aggravate your symptoms? Here is the 3 day outlook for the worst offenders.

### Tree Pollen

- Tonight: **None**
- Tomorrow: **None**
- Friday: **None**

### Grass Pollen

- Tonight: **None**
- Tomorrow: **None**
- Friday: **None**

## Keeping You Healthy



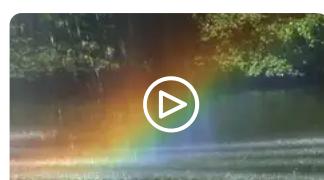
Keep Up Your Walks This Winter; You Could Slow Alzheimer's



New Study: Daylight Saving Time And Heart Attacks



Why Your Immune System Struggles With Seasonal Changes



Can Spending Time In Nature Reduce Back Pain?

[See more](#)

## Our World



How Climate Change Made Hurricane Melissa Even Stronger



Antarctica Glacier Lost Nearly Half Of Its Ice In Two Months

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## Ragweed Pollen



Tonight:

**None**

Tomorrow:

**None**

Friday:

**None** About the Pollen Breakdown

Inside AI's Complicated Climate Impact

Bali's Kelingking Beach Faces 600-Foot Elevator Drama

[See more](#)

## Tips to Help Manage Your Allergies



**Shower after being outdoors** — To remove pollen you pick up outside, take a shower and change your clothes.



**Minimize indoor pollen** — Keep your windows shut and use your AC or a HEPA purifier to filter allergens.

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## Check the Weather



— Learn when conditions such as the wind increase pollen levels, so you can prepare.

## Know your allergy relief



**options —**  
From medication to nasal sprays, talk to your doctor about your options.

## News



Why Are Ragweed Allergy Symptoms Worse In The Fall?



The Best  
Tips...



Why Are  
Ragweed  
Allergy...



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## About Us

The Weather Company is the world's most accurate forecaster, according to the most recent, most comprehensive study

available (2010-2017) from  
[Forecast Watch](#).

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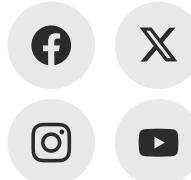
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Weather Channel

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