

Home

Today

Hourly

Advertisement

10 Day

Monthly

Radar

Video

Severe Weather

Health &amp; Wellness

Allergy Tracker

Air Quality Index

Cold &amp; Flu Tracker

Skin

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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

Today:

**None**

Tomorrow:

**None**

Saturday:

**None**



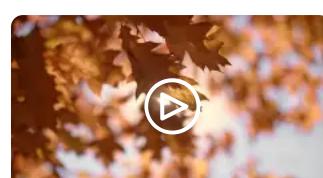
## Keeping You Healthy



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](#)

### Grass Pollen

Today:

**None**

Tomorrow:

**None**

Saturday:

**None**



## 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

● Today:

**None**



Tomorrow:

**None**

Saturday:

**None**

 About the Pollen  
Breakdown

A dark rectangular button with white text that says "See more".



Inside AI's Complicated Climate Impact

Bali's Kelingking Beach  
Faces 600-Foot  
Elevator Drama

## 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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 Allergy Tracker Air Quality Index Cold & Flu Tracker Skin

## 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  
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 Home

 Today

 Hourly

 10 Day

 Monthly

 Radar

 Video

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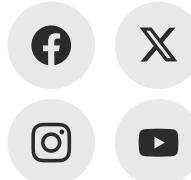
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Weather Channel

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