

Table 3

Distinguishing seasonal from perennial aeroallergen exposure

Type of AR	Aeroallergen	Time of year
Seasonal	Trees	Spring (March–June)
	Grasses	Summer (April–September)
Perennial	Dust mite	All year (symptoms may be worse in winter)
	Mould spores	All year (symptoms may be worse in winter)
	Domestic animals	All year (symptoms may be worse in winter)