



Elm Tree Allergen Fact Sheet

About elm tree

Part of the genus family Ulmaceae, elm trees include roughly 35 species of forest and ornamental shade trees. Native primarily to north temperate areas, elms are pollinated via wind.^{1,2} Elm trees are a major source of allergy, and pollination can occur at almost any time of year depending on the species and location.³

Where is elm tree found?

Elms are typically found in temperate North America and Eurasia, tropical Americas and Africa, and Southeast Asia.⁵

Are there other allergens I could be sensitized to?

Many patients with elm tree allergy can experience symptoms when exposed to other allergens such as tree, weed, or grass pollens, making it difficult to determine which pollen is causing the symptoms, especially when pollen seasons are overlapping. This is called cross-reactivity and occurs when your body's immune system identifies the proteins, or components, in different substances as being structurally similar or biologically related, thus triggering a response.⁹ Other respiratory allergens that may cause reactions associated with elm pollen allergy include boxelder and limited other tree, weed, and grass pollens.¹⁰



HOW DO I KNOW IF I'M ALLERGIC?

Together with your symptom history, skin-prick testing or specific IgE blood testing can help determine if you are sensitized to a particular allergen. If you are diagnosed with an allergy, your healthcare provider will work with you to create a management plan.

COMMON SYMPTOMS

Elm tree allergy symptoms can be similar to many other pollen allergies and may include:⁴

- **Sneezing**
- **Nasal congestion**
- **Runny nose**
- **Watery eyes**
- **Itchy throat and eyes**
- **Wheezing**

If you're sensitized to elm trees and have asthma, tree pollen may trigger or worsen asthma symptoms, such as coughing and wheezing.⁴

POLLEN SEASON

Depending on the species, elms can flower and produce pollen at two distinct times. Most species pollinate in January or February in southern latitudes and as late as April in northern latitudes. However, some elms in southern regions flower during late summer and perhaps even into November. These fall-pollinating species tend to be more allergenic than their spring counterparts.³

How do I manage my allergy?

The management of allergic rhinitis includes avoidance of relevant allergens, symptomatic treatment, and allergen immunotherapy.^{6,8,9}

Exposure reduction

- Check local pollen counts daily and limit time outside when tree-pollen counts are high. Rain helps clear pollen from the air, so the best time to go outside is after a good rain.
- Delegate outdoor chores whenever possible and wear a pollen mask if you must do outside tasks.
- Keep windows closed and use air conditioning instead.
- Wash bedding at least once a week in hot, soapy water.
- Wash your clothes after outdoor activities and dry all clothes in a dryer as opposed to line drying outdoors.
- Bathe and wash your hair every day before bedtime to keep pollen out of your bed.
- Wipe off any pets to remove pollen before letting them into your home.
- Ensure everyone removes their shoes before entering your home.
- Use certified asthma and allergy air filters.

Symptom relief

- Pharmacological treatment, including antihistamines, corticosteroids, decongestants, and saline douches.
- Allergen Immunotherapy as directed by your healthcare provider.

View all references at the bottom of the online allergen fact sheets at [AllergyInsider.com](https://www.allergyinsider.com) >

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