

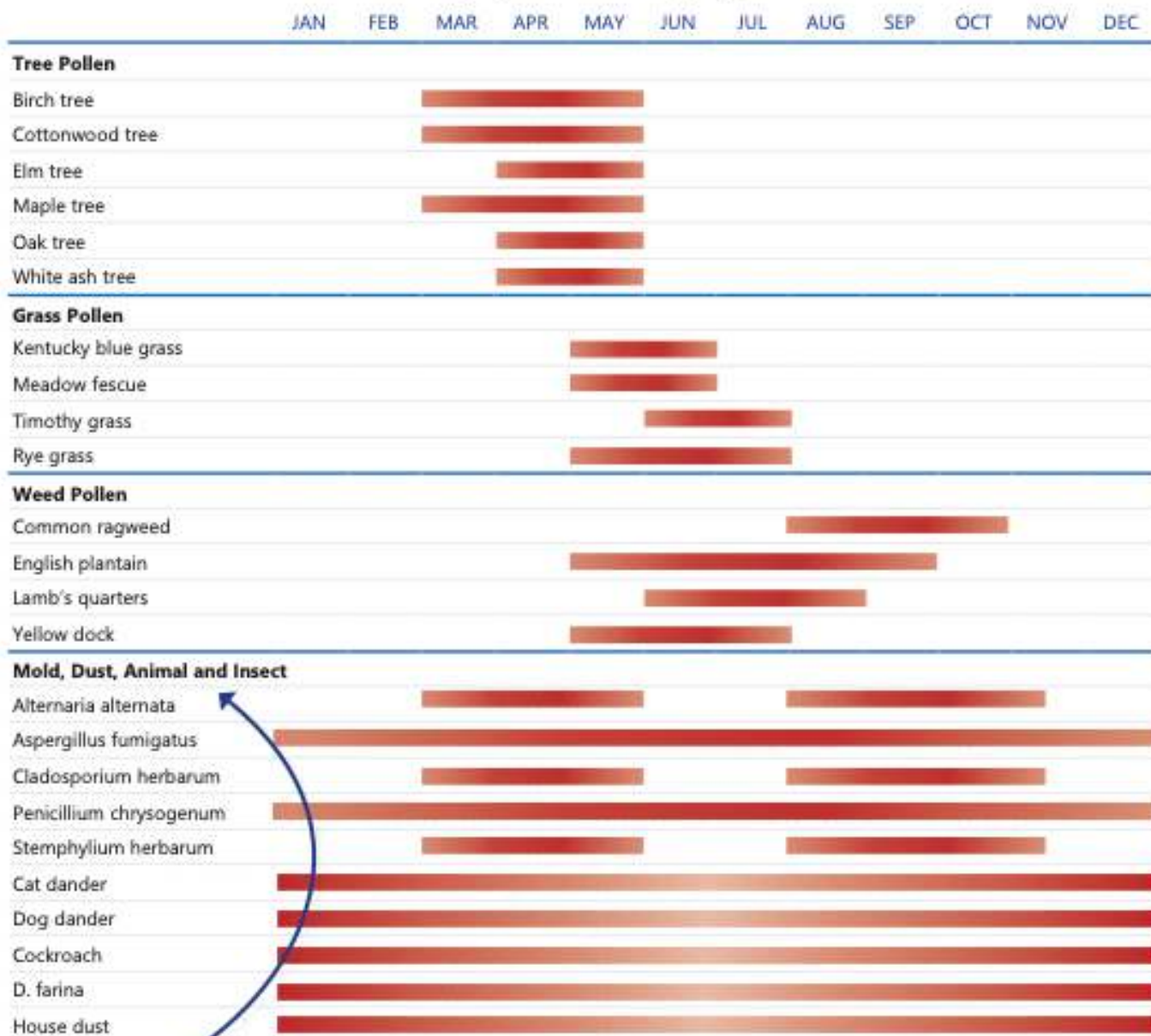
# Seasonal Allergy Calendar Midwest Region

IA, IL, IN, KS, MI, MN, MO, NE, ND, OH, SD, WI, WV



**Pollen might not be the only thing making you sneeze.  
Multiple allergens can stack on top of one another and make symptoms worse.**

The chart below can help you understand what allergens in the Midwest Comprehensive Regional Allergy Panel may be contributing to your seasonal allergy symptoms.



Reducing exposure to the allergens you can control - like pet dander, mold, and dust mites - might be the solution to breathing easier. By getting a simple allergy blood test, you'll be able to uncover what could be causing your symptoms and what allergic triggers to avoid.



Source: Alletess Medical Laboratory

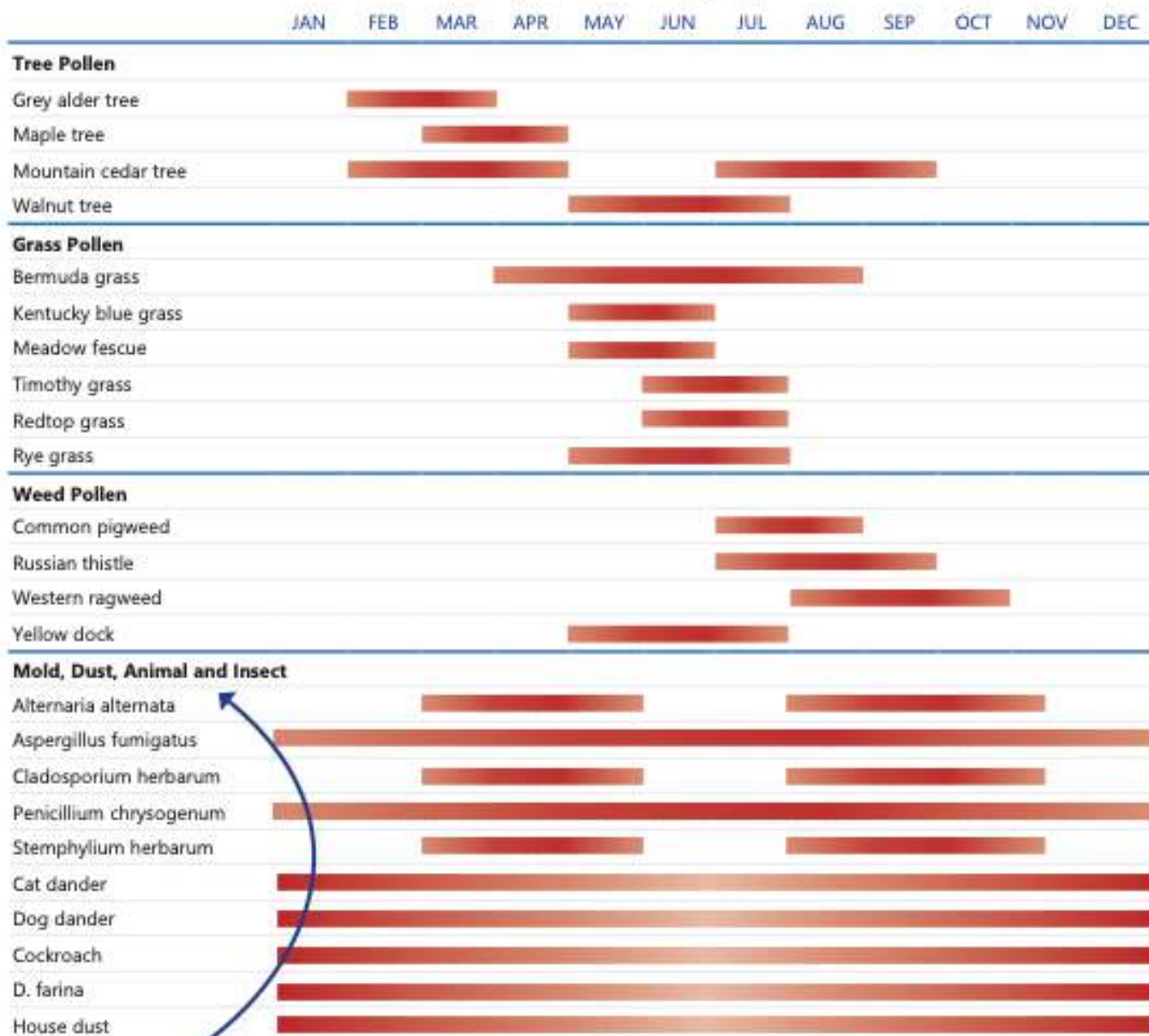
# Seasonal Allergy Calendar Southwest Region

AZ, CA, CO, NM, NV, UT



**Pollen might not be the only thing making you sneeze.  
Multiple allergens can stack on top of one another and make symptoms worse.**

The chart below can help you understand what allergens in the Southwest Comprehensive Regional Allergy Panel may be contributing to your seasonal allergy symptoms.



Reducing exposure to the allergens you can control - like pet dander, mold, and dust mites - might be the solution to breathing easier. By getting a simple allergy blood test, you'll be able to uncover what could be causing your symptoms and what allergic triggers to avoid.



Source: Alletess Medical Laboratory

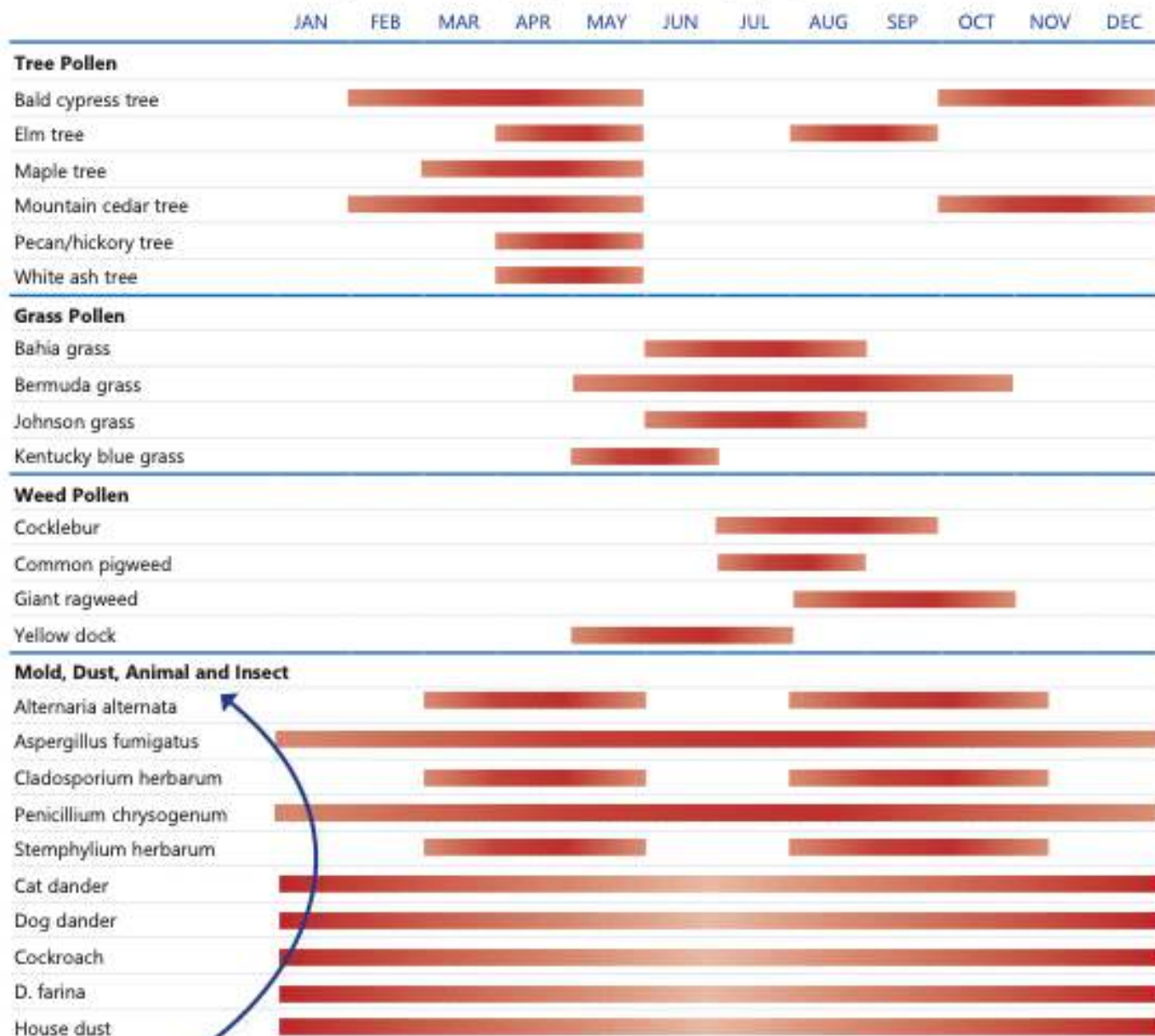
# Seasonal Allergy Calendar Central Plains Region

AR, LA, MS, OK, TX



Pollen might not be the only thing making you sneeze.  
Multiple allergens can stack on top of one another and make symptoms worse.

The chart below can help you understand what allergens in the Central Plains Comprehensive Regional Allergy Panel may be contributing to your seasonal allergy symptoms.



Reducing exposure to the allergens you can control - like pet dander, mold, and dust mites - might be the solution to breathing easier. By getting a simple allergy blood test, you'll be able to uncover what could be causing your symptoms and what allergic triggers to avoid.



Source: Alletess Medical Laboratory

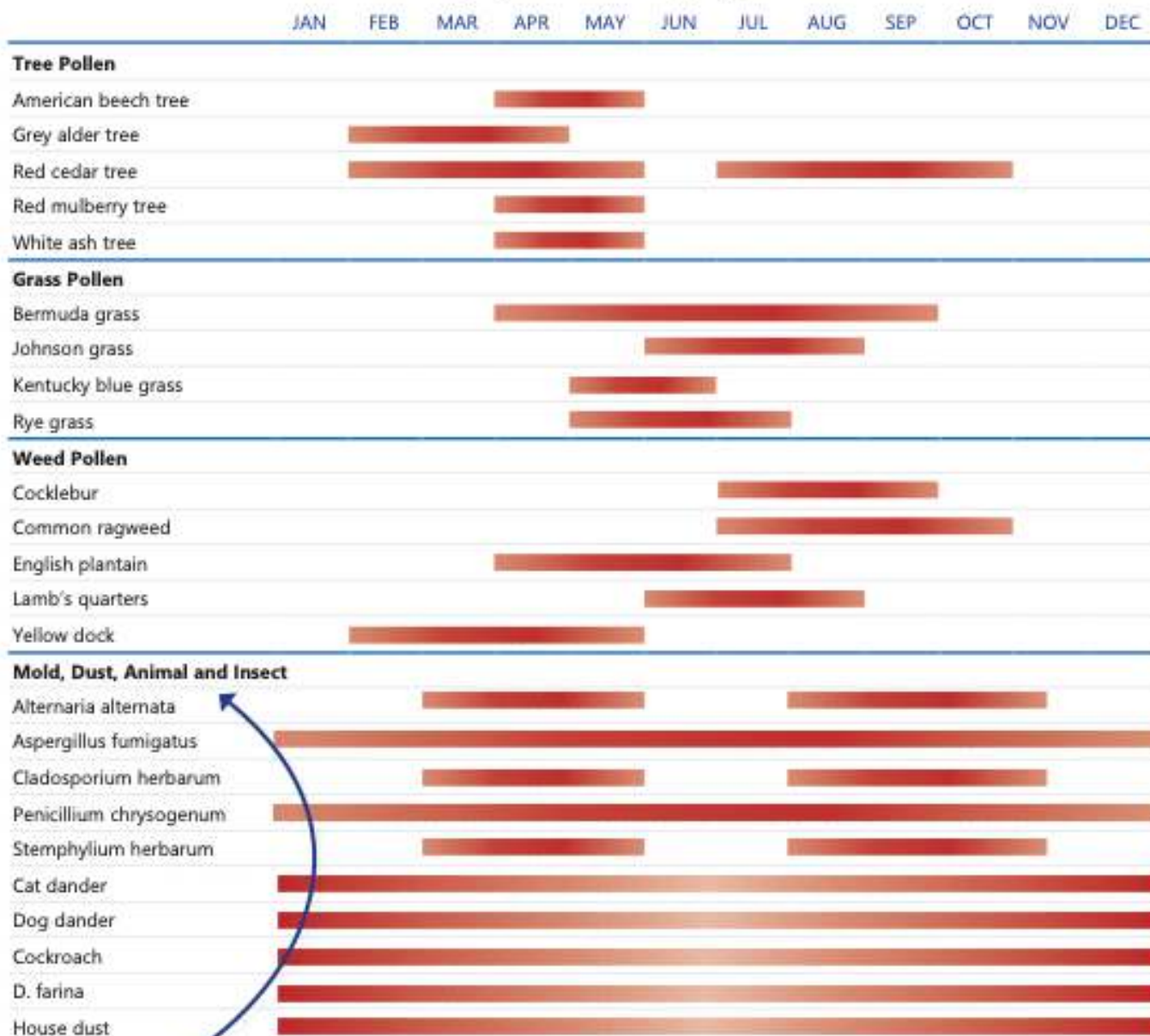
# Seasonal Allergy Calendar Southern Region

AL, DC, FL, GA, KY, NC, SC, TN, VA



**Pollen might not be the only thing making you sneeze.  
Multiple allergens can stack on top of one another and make symptoms worse.**

The chart below can help you understand what allergens in the Southern Comprehensive Regional Allergy Panel may be contributing to your seasonal allergy symptoms.



Reducing exposure to the allergens you can control - like pet dander, mold, and dust mites - might be the solution to breathing easier. By getting a simple allergy blood test, you'll be able to uncover what could be causing your symptoms and what allergic triggers to avoid.



Source: Alletess Medical Laboratory

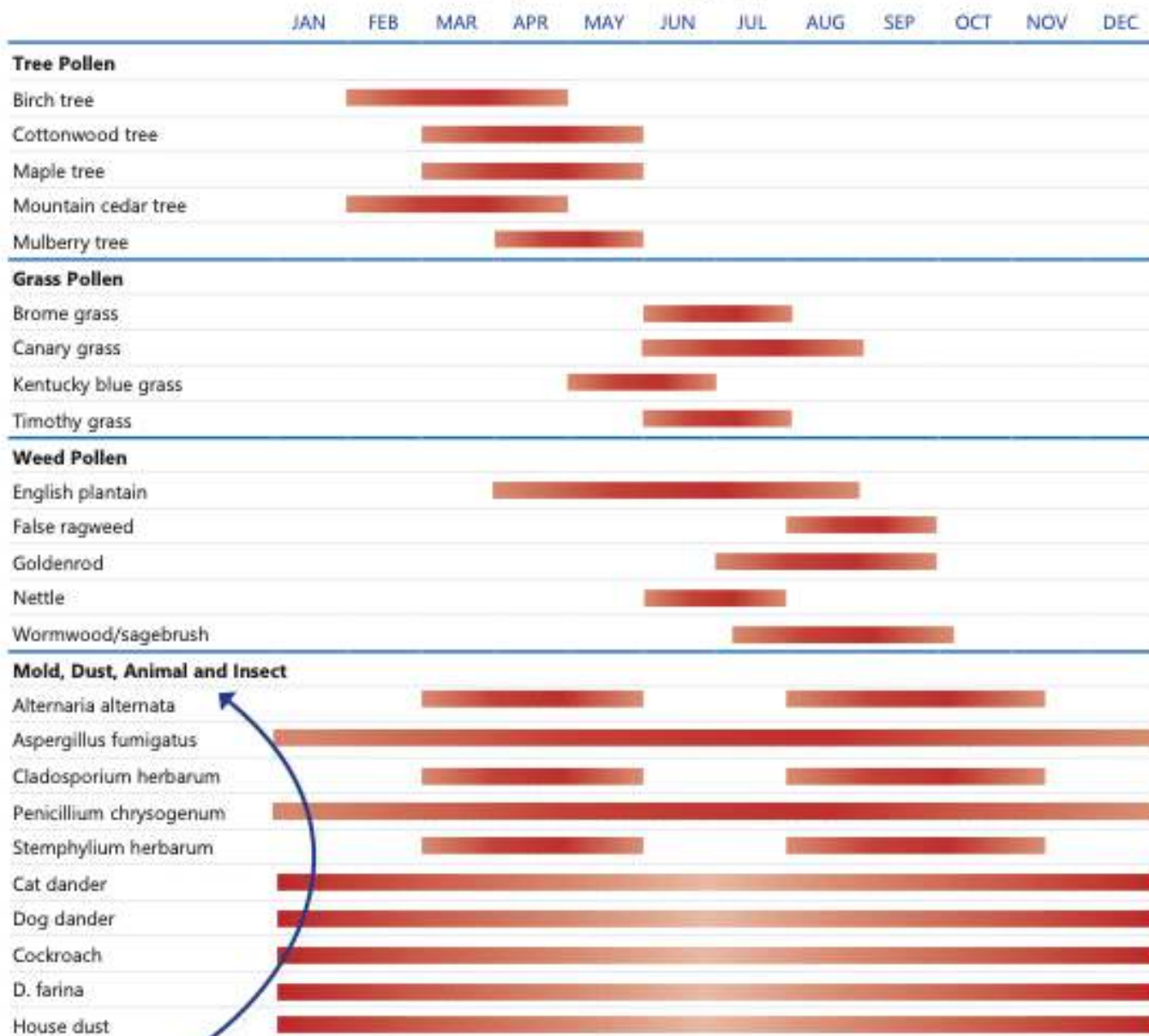
# Seasonal Allergy Calendar Northwest Region

ID, MT, OR, WA, WY



**Pollen might not be the only thing making you sneeze.  
Multiple allergens can stack on top of one another and make symptoms worse.**

The chart below can help you understand what allergens in the Northwest Comprehensive Regional Allergy Panel may be contributing to your seasonal allergy symptoms.



Reducing exposure to the allergens you can control - like pet dander, mold, and dust mites - might be the solution to breathing easier.

By getting a simple allergy blood test, you'll be able to uncover what could be causing your symptoms and what allergic triggers to avoid.



Source: Alletess Medical Laboratory