

GRASS ALLERGY

A GUIDE TO HELP YOU IDENTIFY WHICH GRASSES MIGHT BE TRIGGERING YOUR SYMPTOMS



FESCUE

Blade: Green year long
Height: Often mowed
Type: Warm Season, Transition Zone
**Common lawn grass



KENTUCKY BLUE GRASS

Blades: Green with boat-shaped tips
Height: 18 to 24 inches
Type: Cool Season



JOHNSON

Blades: Green with brown, shrub like tops
Height: Up to 3.5ft
Type: Cool Season



ORCHARD

Blades: Green with flowered clumps on top
Height: 15 to 18 inches
Type: Cool Season



BAHIA

Blades: Flat, wide and tough
Height: Up to 30 inch stems
Type: Warm Season



BERMUDA

Blades: Greenish grey
Height: Short
Type: Warm Season, Transition Zone
* Often found in sports fields



TIMOTHY

Blade: Thick, flat, green blades with flowering head
Height: 20 to 40 inches tall
Type: Cool Season
**common feed for horses and cattle



SWEET VERNAL

Blades: Flowering plant with fuzzy stems
Height: Up to 20 inches
Type: Warm Season



REDTOP

Blades: Flat, green blades that often curl
Height: Up to 4 feet
Type: Cool Season



PERENNIAL RYE

Blades: Many leaves grow from the base, with flowering top
Height: 1 to 2 feet
Type: Cool Season



Geographic Location

Warm Season Grass: Hot summers and mild winters
Transition Zone: Some warm and some cool season
Cool Season Grass: Cold winters and hot summers

For treatment options, visit allergychoices.com