

WHAT YOU CAN DO

Control and prevent

It is possible to reduce the proliferation of ragweed by simply **pulling it out and preventing its regrowth.**

- 1. Uproot** this weed before its pollination period (late July, to early August) ;
- 2. Cover** the ground with inert materials such as mulch or wood chips ;
- 3. Establish a competitive plant cover** such as clover, grass, etc. ;
- 4. Raise awareness** around you ;
- 5. Mow the lawn regularly.**
Mow it uniformly, focusing mainly on the edge of the lawn and making sure to cover bare corners.

**HERE ARE 2 DATES
TO REMEMBER FOR LAWN MOWING :**

**MID-JULY
MID-AUGUST**

**This is how to control and prevent the
emergence of ragweed !**

ALLERGIES AND SYMPTOMS

Ragweed pollen stimulates a variety of allergic reactions that manifest themselves in a myriad of symptoms, including:

- Nasal irritation and runny nose ;
- Repeated sneezing ;
- Red, swollen and watery eyes ;
- Sinus congestion ;
- Respiratory difficulties.

These symptoms cause a great deal of discomfort and greatly lower the quality of life of those experiencing them.

For a person with a lung disease such as asthma who also suffers from allergies, the symptoms can be even more severe, possibly leading to an asthma attack.

**1-888-POUMON9
(1-888-768-6669)**

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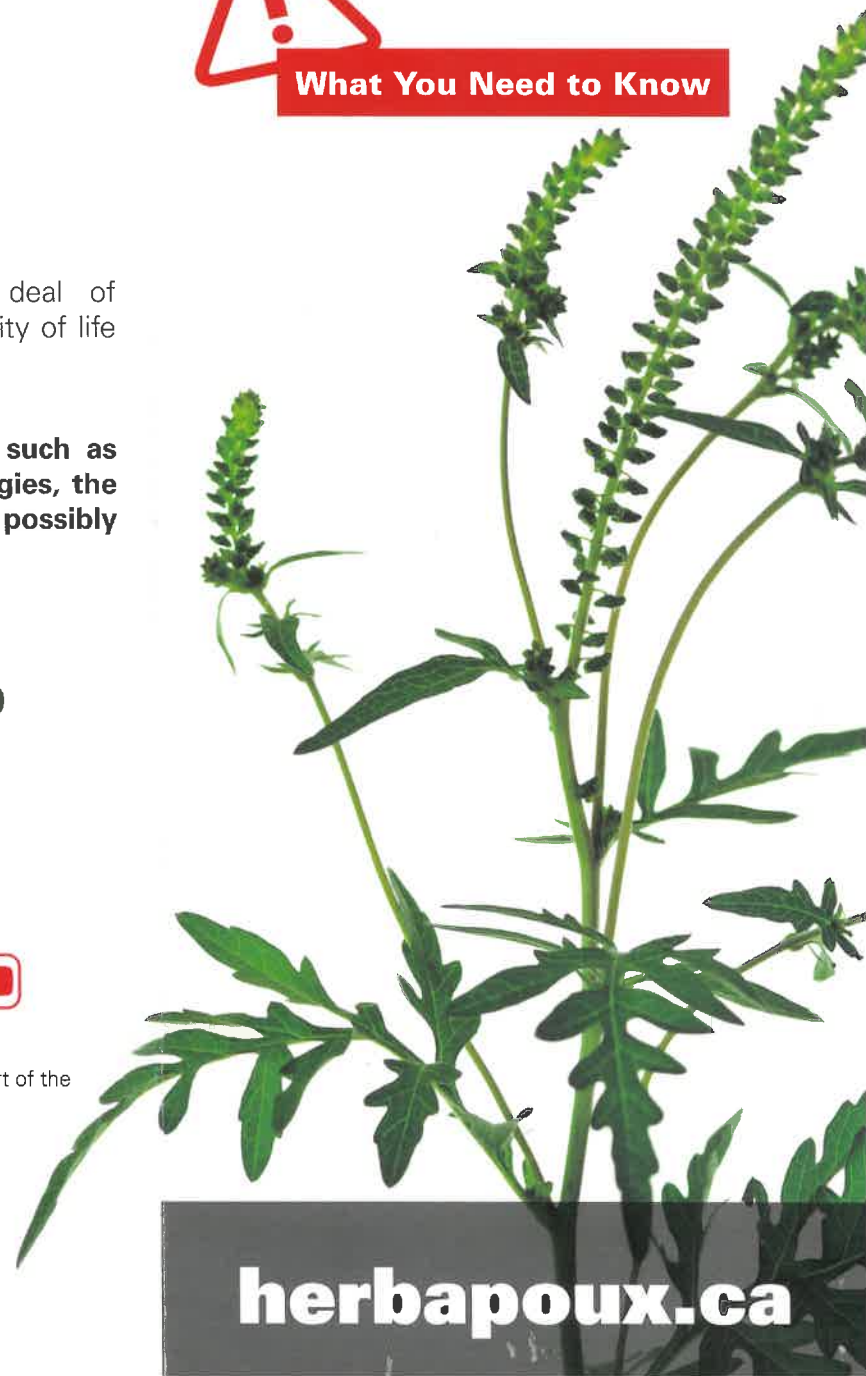


RAGWEED

**A threat to the Health of
Thousands of Quebecers**



What You Need to Know



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RAGWEED

Ragweed is a perennial and invasive plant that affects nearly one million Quebecers every summer.

From mid-July, flowers let millions of pollen grains fly into the air, most of which travel within a radius of 1 km. Pollination lasts until mid-October, when the first frosts occur.

IDENTIFICATION

Where Is It Found?

This plant is found mainly on roadsides and sidewalks, on construction sites and vacant lots. It grows near deforested areas.

In July, it is covered with small green flowers, sometimes yellowish, grouped in the shape of spikes at the top of the stems.



Its foliage resembles that of a carrot.

The stem is firm, hairy and of a grayish green shade. It turns to red when flowering.

The roots are short and easy to pull out.

Ragweed reaches an average height of 70 cm.

RAGWEED is safe to touch.

DID YOU KNOW...

1 IN 8 PEOPLE in Quebec are allergic to ragweed.

75% OF POLLEN ALLERGIES are related to ragweed.

A single ragweed plant can produce up to **3000 SEEDS** that can survive up to **40 YEARS** in the soil.

Psssst! Learn the difference between ragweed and poison ivy.

POISON IVY

If in contact with the skin, it immediately causes skin itching.

