

# CAUTION !

Unlike poison ivy, skin contact with RAGWEED is INOFFENSIVE !

**Poison ivy** tends to grow near wooded areas. Skin contact immediately causes itching. Poison ivy produces an oil (urushiol) which, upon contact with the skin, causes painful inflammation.

**Ragweed**, on the other hand, may be handled quite safely and can therefore be uprooted at any time without risk. When you consider the fact that its seeds are able to survive in the soil for over 40 years, you realize how important it is to adopt every possible means to eradicate it !

## THE QUEBEC LUNG ASSOCIATION'S SOLUTION

The Quebec Lung Association launched the *Provincial Ragweed Eradication Campaign* in 2007. This campaign is carried out with the assistance of Quebec's cities and municipalities. Each year, one city spearheads the campaign and invites its peers to participate. Since the very first provincial campaign, the Glass Torch has been carried by a number of host cities, including Repentigny, Victoriaville, Sorel-Tracy and Bécancour.

The campaign urges Quebecers (families, children, merchants, etc.) to roll up their sleeves and pull up ragweed in their communities, by organizing various activities throughout the summer. Participating cities are invited to attend the GREAT PROVINCIAL WEIGH-IN, which takes place in the host city, where the name of the annual campaign's winning city is revealed.



POISON IVY



RAGWEED

The Lung Association's services are provided by professional respiratory health specialists. If you are faced with problems linked to chronic obstructive pulmonary disease (chronic bronchitis - emphysema), asthma or any other lung disease, or if you simply need information regarding the various assistance programs designed to help you quit smoking, our toll-free telephone lines are at your disposal.

[www.pq.lung.ca](http://www.pq.lung.ca)



By responding generously to our fundraising campaigns, you help us to maintain these services. Other forms of support for the Quebec Lung Association include : bequests, memorial gifts and planned donations.

THE  LUNG ASSOCIATION™  
Quebec

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THE  LUNG ASSOCIATION™  
Quebec

AMBROSIA  
RAGWEED ERADICATION

# AMBROSIA ARTEMISIIFOLIA: RAGWEED

## A PLAGUE FOR THOUSANDS OF QUEBECERS!

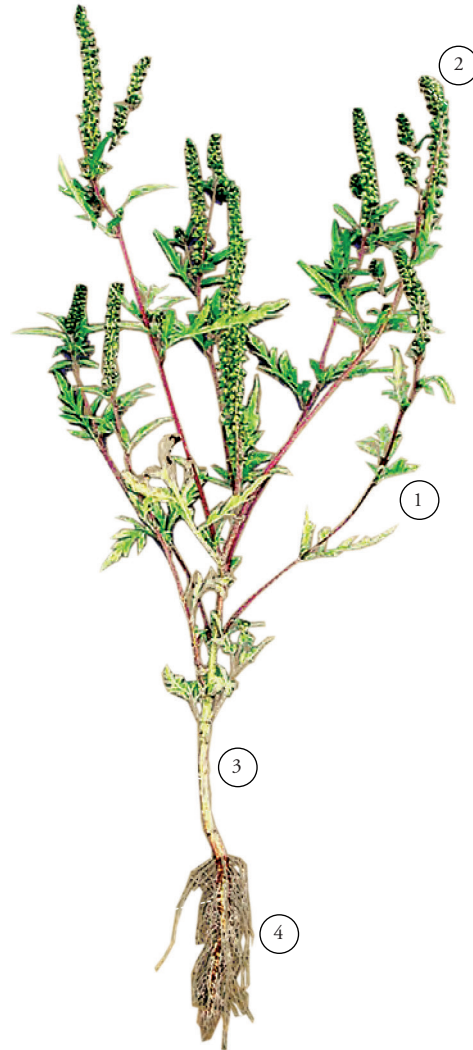
Ambrosia, better known as ragweed, affects the health of 1 out of every 10 Quebecers. Of all the known seasonal aeroallergens in Quebec, ragweed pollen raises the most concern. The prevalence of allergy sufferers is directly influenced by the quantity of ragweed in a given area. There are very effective ecological means of controlling and eradicating this plant, but uprooting remains the simplest one. Together, we can make a difference !

## IDENTIFYING RAGWEED

Ragweed grows to an average height of 70 cm. Its stem, covered with hairs, is crowned by thin and deeply lobed, greyish green leaves. They are opposite at the base and alternate higher up. During the months of June and July, the plant bears tiny green flowers that grow closely together in a terminal spike. In August, it blooms, releasing billions of grains of pollen into the air. And that is when its harmful effects begin to spread !

Ragweed tends to settle in locations that do not generally favour the development of plants. It grows on the edge of sidewalks, lanes, railroad tracks, construction sites and vacant lots. You may even find some in a cranny of your garden.

- ① The leaves are deeply lobed, and evenly green on both sides.
- ② The yellowish green flowers grow in spikes at the tip of the plant.
- ③ The stem is firm, covered with hairs, and has a grayish green colour that turns red at flowering time.
- ④ The roots are short and easy to pull up.



## DID YOU KNOW THAT...

RAGWEED PLANTS  
VARY IN HEIGHT  
BETWEEN  
5 CM AND 1.5M.



## DEVASTATING SYMPTOMS

These pollens trigger a variety of allergic reactions including :

- Nasal irritation and discharge.
- Constant sneezing.
- Tearing, as well as redness and swelling of the eyes.
- Sinus congestion.
- Respiratory problems.

The symptoms associated with this plant's pollen can manifest themselves in various ways :

- Allergic rhinitis (cold or hay fever).
- Conjunctivitis.
- Allergic asthma.

These symptoms can cause a great deal of discomfort and significantly reduce the quality of life of those who are afflicted. Although several drugs are available on the market (antihistamines, decongestants and anti-inflammatories), these provide only partial and temporary relief.

## RAGWEED PREVENTION

Cover the soil with inert materials :

- Crushed limestone.
- Granite stones.
- Wood chips.

Plant a competitive vegetation cover :

- Use hardy seeds that will promote the growth of vegetation capable of competing with ragweed.

## HOW TO WIN THE BATTLE AGAINST RAGWEED

- Raise community awareness.
- Uproot ragweed plants before their pollination period (before August).
- Apply a ragweed-specific herbicide.
- Use a biocontrol method based on insects or mushrooms.