

Pollen Calendar

Pollen Type	January	February	March	April	May	June	July	August	September
Hazel									
Yew									
Alder									
Elm									
Willow									
Poplar									
Birch									
Ash									
Plane									
Oak									
Oilseed Rape									
Pine									
Grass									
Plantain									
Lime									
Nettle									
Dock									
Mugwort									

Do you have symptoms? Y/N																						
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Key

Peak Period
Main Period of pollen release

Notes

Tick on the weeks that you are having hay fever symptoms. You will then be able to work out which plants you are specifically allergic to.