

Allergens	January	February	March	April	May	June	July	August	September	October	November	December
Alder and Hazel												
Elm and Willow												
Poplar												
Beech and Oak												
Mimosa												
Ash and Birch												
Sweet Vernal												
Plantain												
Dandelion												
Pine and Sorrel												
Ox-eye Daisy												
Rye and Wheat												
Rape												
Grasses*												
Privet												
Barley and Oat												
False Acacia												
Maize												
Cocksfoot												
Timothy												
Bermuda Grass												
Nettle												
Goosefoot												
Mugwort												
Russian Thistle												
Ragweed												

The pollen calendar indicates the average pattern of pollen release for the UK. Timings may vary according to weather conditions and exact geographical location.

\* Grasses flowering within this period include: Ryegrass, Meadow Grass, Meadow Fescue, Bent Grass, Velvet Grass & Quack Grass

## The answer to allergy