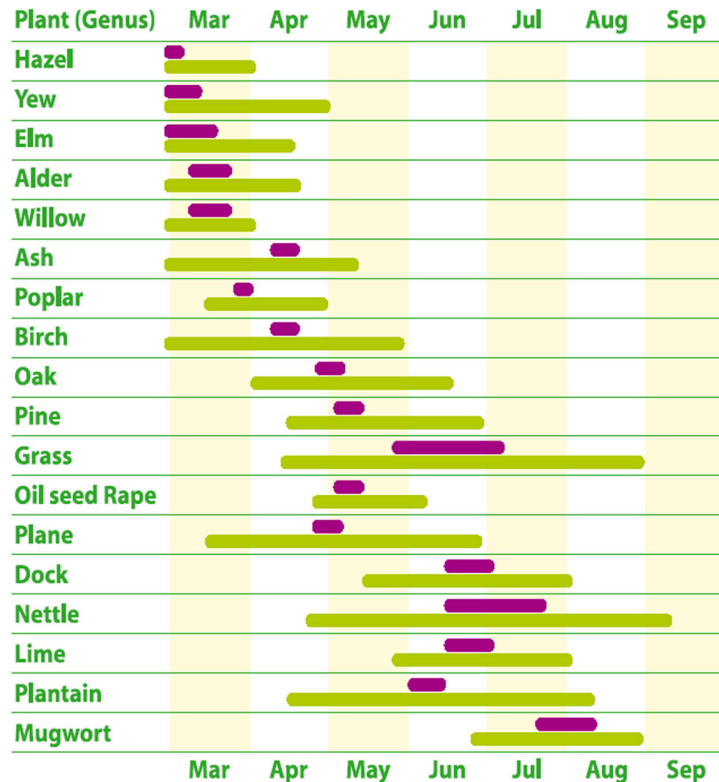


Generalised UK pollen & fungal spores calendar

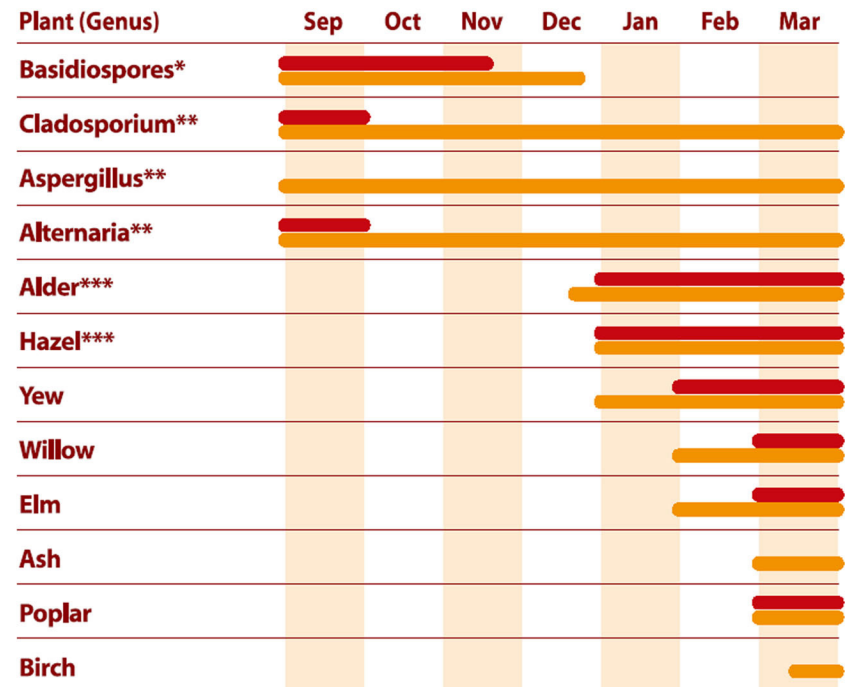
The calendars below show the general pattern of allergenic pollen and fungal spore release in the UK. The exact timing and severity of pollen and spore seasons will vary from year to year depending on the weather, and also regionally depending on geographical location.

Summer



█ Peak period of pollen release
 █ Pollen season

Winter



█ Peak period of pollen/spore release
 █ Pollen/spore season

* Basidiospores (spores from mushrooms, toadstools etc)

** Common fungus/mould with airbourne spores

*** Alder and hazel cross react with birch

For an up to date pollen forecast in your area consult our on-line pollen forecasting service at www.zirtek.co.uk between the months of April and September