

## REGIONAL POLLEN CALENDARS FOR THE UK

Scotland	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Alder											13/03	17/04		58	
Ash											11/04	05/05	1	354	
Birch											13/04	16/05	20/04	2	817
Oak											02/05	08/06	0	191	
Grass											01/06	12/08	15/06	11	1920
Nettle family											09/06	24/08	29/06	5	1953

N Ireland	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											05/04	06/05	2	567	
Birch											09/04	11/05	1	475	
Oak											06/05	31/05	0	183	
Grass											25/05	11/08	07/06	17	3382
Nettle family											02/06	30/08	23/06	8	3036

NW England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Hazel											21/01	28/03		193	
Alder											01/02	22/03	2	875	
Ash											12/04	11/05	2	858	
Birch											10/04	04/05	14/04	7	1883
Oak											30/04	31/05	01/05	4	869
Grass											26/05	07/08	31/05	29	5747
Nettle family											02/06	02/09	09/06	24	5644

NE England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											01/04	09/05	2	787	
Birch											09/04	11/05	13/04	7	2099
Oak											22/04	29/05	04/05	5	1090
Grass											21/05	08/08	11/06	19	3544
Nettle family											02/06	25/08	09/06	13	3029

Wales	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											29/03	28/04	04/04	6	2043
Birch											05/04	04/05	15/04	7	2013
Oak											21/04	29/05	28/04	4	1206
Grass											27/05	05/08	04/06	21	3142
Nettle family											03/06	28/08	02/07	4	1700

SW England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Hazel											28/01	09/04		221	
Alder											08/02	03/04	07/03	1	469
Ash											01/04	30/04	16/04	3	887
Birch											06/04	11/05	17/04	10	756
Oak											24/04	08/06	07/05	2	708
Grass											21/05	02/08	02/06	15	2697
Nettle family											28/05	25/08	05/06	12	3205

W Midlands	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Hazel											19/01	07/04	12/02	1	461
Alder											05/02	25/03	23/02	5	1602
Ash											30/03	03/05	11/04	8	2252
Birch											04/04	04/05	05/04	13	3759
Plane											19/04	14/05	20/04	1	392
Oak											27/04	14/06	30/04	14	3979
Grass											21/05	14/08	02/06	31	6179
Nettle family											01/06	04/09	06/06	30	8077

E Midlands	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Hazel											30/01	04/04		0	222
Alder											04/02	04/04	22/02	4	1023
Ash											23/03	26/04	11/04	7	1150
Birch											08/04	08/05	13/04	8	2438
Plane											24/04	15/05	21/04	4	838
Oak											26/04	27/05	03/05	9	1710
Grass											24/05	08/08	03/06	24	4254
Nettle family											02/06	31/08	03/06	28	6800

SC England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											30/03	08/05	07/04	5	1338
Birch											04/04	05/05	08/04	6	1797
Oak											24/04	06/06	30/04	7	2092
Grass											15/05	07/08	27/05	30	5076
Nettle family											15/05	27/08	30/05	32	6909

E England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											01/04	02/05	06/04	5	1236
Birch											07/04	04/05	12/04	10	2816
Plane											19/04	15/05	25/04	3	871
Oak											25/04	06/06	29/04	5	1633
Grass											23/05	02/08	03/06	21	3556
Nettle family											02/06	28/08	04/06	34	7574

SE England	J	F	M	A	M	J	J	A	S	S	E	FH	NH	PI	
Ash											28/03	08/05		5	1307
Birch											03/04	01/05	05/04	14	5475
Plane											17/04	17/05	21/04	12	4793
Oak											19/04	29/05	28/04	10	2556
Grass											22/05	06/08	22/05	24	3961
Nettle family											30/05	15/08	30/05	25	6504

Earliest to latest pollen appearance, low risk
Range: onset to end, 2.5 - 97.5% method.
Phase when high counts can occur
Phase when very high counts can occur

Data analysed for 10 years (2003 to 2014), for main UK pollen allergens (averages).  
 S: Start of season; E: End of season; FH: First high count date; NH: Number of high count days; PI: Pollen Integral (total catch).  
 Reference: Adams-Groom et al. 2020. Regional calendars and seasonal statistics for the United Kingdom's main pollen allergens. Allergy. <https://doi.org/10.1111/all.14168>

