



For January month, it's expected increase of concentrations of airborne pollen, for all the country. It's expected pollen levels low to moderate of Cupressaceae, Urticaceae (Urtica and Parietaria) and Betulaceae (Alnus mainly), for all the country.

**New: patient's hayfever diary**

Journalize your personal hayfever diary about your allergic complaints and compare with the concentrations of pollen in the air. You will learn more about the preventive measures you have taken and their effort.

**You can enroll anonymous or with your name at <http://phd.polleninfo.org>**