



This overview about the pollen seasons in Europa is updated from time to time. It contains only those pollen types that are considered being of major interest for pollen allergy sufferers.

cypress family: still only very low risk in the Mediterranean

alder: season starts along the Atlantic coast and south of the Alpine rim

hazel: season starts along the Atlantic coast and south of the Alpine rim

wall pellitory: no risk

ash: no risk

birch: no risk

plane tree: no risk

olive tree: no risk

grass pollen: no risk

mugwort: season in some parts of Spain

ragweed: no risk

mould spores: no risk

forecast map (during spring and summer)

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>

For details, please visit the respective county's page at www.polleninfo.org