Aeroallergens: Pollens and Spores

Pollen and fungal spores are difficult to avoid, but exposure can be reduced.

Grass pollen is released in dry, sunny weather, and by noon most of the grains have risen to high in the atmosphere. They descend again as the air cools towards evening, remaining suspended longer in warmer urban areas. Cloudy, still days are often worst.

- Try to avoid being outside during these times.
- As peak levels occur 6pm – 8pm in rural areas and at 10 pm to midnight in towns, schedule outdoor activities for the early afternoon.
- Wear wrap around sunglasses to protect your eyes.
- Rub Vaseline inside the nose.
- Close windows in the evening.
- Keep car windows closed and use air conditioning fitted with suitable filters.
- Avoid walking in open grassy spaces, particularly during the evening and at night when pollen counts are at their highest.
- Avoid walking through or cutting grass, picnics and camping.
- Use saline nasal spray to irrigate nose free of pollen (e.g. Sterimar, Neilmed, Sinus Rince

Fungal spores are most prevalent after rain/thunderstorms and in damp environments.

The UK’s peak pollen season is usually the last two weeks in June.

Tree pollens (e.g. birch) often appear later (August – September)

Useful organisations:

British Allergy Foundation
Deepdene House
30 Bellegrove Road
Welling
Kent, DA16 3BY
Telephone: 020 8303 8792
www.allergyuk.org

Daily Pollen Update
0800-556610
(Pollen season only)
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

Jezeli chcialbys uzyskac te informacje w innym języku lub w dużej czcionce popros pracownika oddziału o kontakt pod numerem telefonu: 01895 279973

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973查詢。

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صوتي، يرجى الاتصال بالرقم التالي 01895279973.