

## Pollen calendar

	january	february	march	april	may	june	july	august	september	october	november	december
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### Tree pollen

Hazel	■	■	■									
Alder		■	■	■								
Elm			■	■								
Poplar			■	■	■							
Birch				■	■	■						
Beech					■	■						
Oak					■	■	■					

### Grass and weed pollen

Grasses					■	■	■	■				
Sorrel					■	■	■					
Nettle					■	■	■	■	■			
Mugwort							■	■	■			

### Miscellaneous

Epithelia												
Mites												
Bee venom												
Wasp venom					■	■	■	■	■			