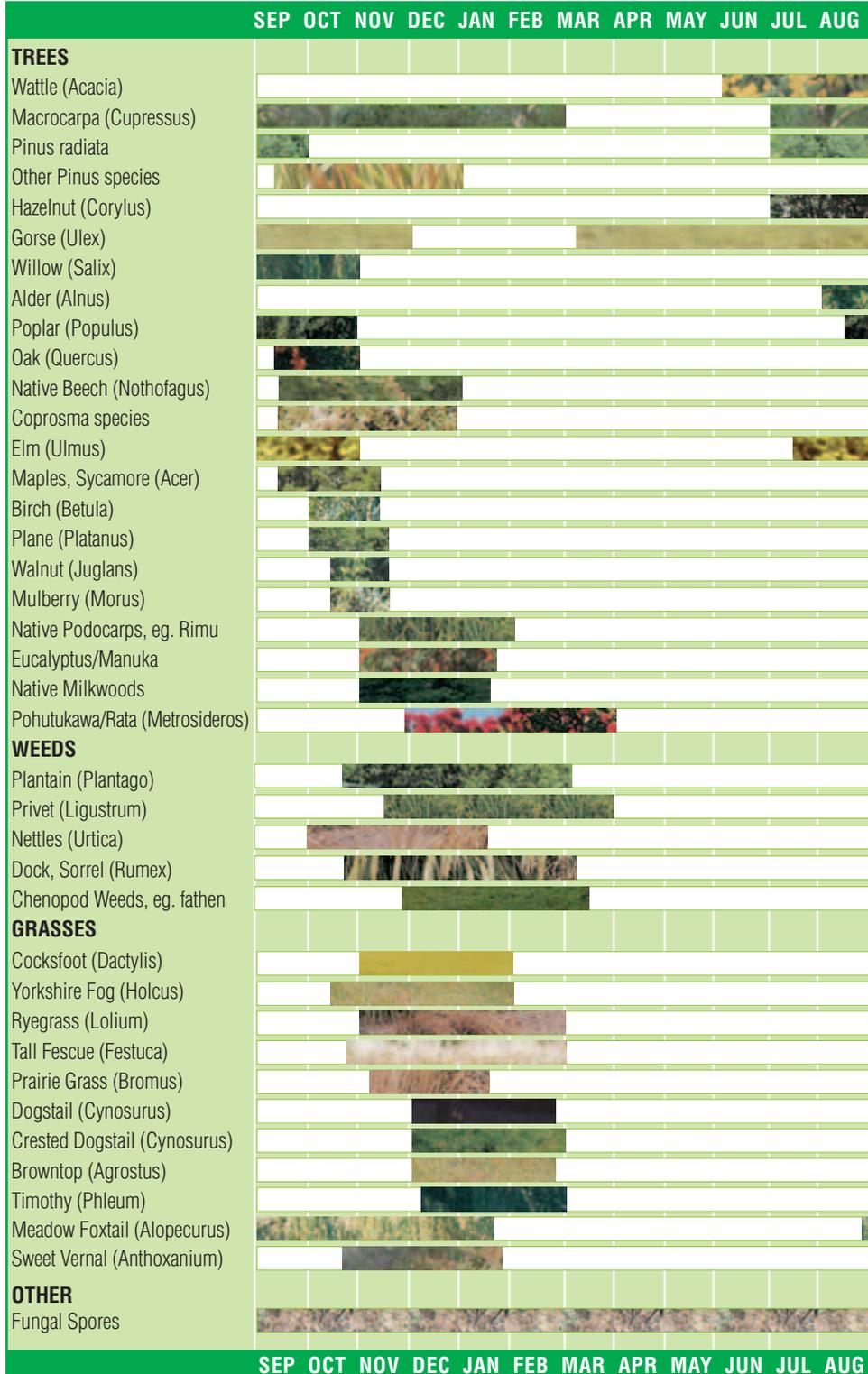


# Annual POLLEN Calendar



A pollen calendar to last you the year through, so you know what to look out for and when. Follow the chart below and you will be able to single out specific plants that trigger your allergy just by knowing what month they appear in. If you know what you are allergic to, you can be better prepared for when your symptoms flare up. We also list some Do's and Don'ts to help you make the best of the high pollen seasons, with tips for reducing your symptoms.

**To find out more about your allergies, contact Allergy New Zealand: Ph: (09) 303 2024 or 0800 34 0800. PO Box 56 117, Dominion Road, Auckland or help@allergy.org.nz, www.allergy.org.nz**



The plants most likely to cause hayfever symptoms are those that are wind pollinated. These plants produce high numbers of light and buoyant pollen grains which are easily distributed through the air. Pretty, brightly coloured flowering plants and trees are unlikely to cause symptoms of hayfever. These plants attract bees and other insects to transfer their pollens from flower to flower, and produce far fewer pollen grains that don't generally become airborne. This is fortunate for those who like flowering plants!

### Do you think you may be suffering from pollen allergies?

Typical hayfever symptoms include itchy and runny nose, sneezing, itchy and watery eyes, tickly and scratchy throat - all of which are generally worse when you go outside! Asthma can also be triggered by pollen allergy. Occasionally, especially on dry, windy days, rashes and swelling of the face can occur. Some highly sensitive people will have these symptoms within minutes of going out the door in the morning. Pollen counts can vary during the course of one day.

### DO'S AND DON'TS of Pollen Seasons

#### DO

- Keep windows closed at night; use air conditioning, which cleans, cools, and dries the air.
- Minimise early morning activity when pollen is most usually emitted (between 5.00 a.m. and 10.00 a.m.).
- Keep your car windows closed when you travel by car. Use your car air-conditioning on 're-circulated air' rather than bringing in air from outside.
- Stay indoors when the pollen count or humidity is high and on windy days when dust and pollen are whipped about.
- Take a holiday during the height of the pollen season to a place more pollen-free (such as the beach).
- Stay away from high pollen areas such as farms and orchards.
- Wear glasses outdoors to protect your eyes.
- Have your lawns mowed frequently to avoid flowering.
- Wear a mask if it is absolutely necessary for you to do the mowing.
- Select garden plants which are low pollen producers (usually native species).
- Have fallen leaves and garden debris removed.
- Take the medications prescribed by your allergist.

#### DON'T

- Mow lawns or be around freshly cut grass; mowing stirs up pollens and moulds.
- Hang sheets or clothing outside to dry, as pollens and moulds may collect in these items.

**THANKS TO:**  
**David W Fountain PhD,**  
**Honorary Research**  
**Associate, Institute of**  
**Molecular BioSciences,**  
**Massey University.**



This calendar was printed with the financial support of:



Wattle Tree

Native Grasses

Willow Tree

Native Fern

Pohutukawa Tree

Pinus Radiata