

Pollen allergies are common in New Zealand, and trigger allergic rhinitis (hay fever) and also provoke asthma.

POLLEN DISTRIBUTION

- The pollen season starts in spring, with some trees producing pollen earlier depending on climate conditions.
- The season usually starts earlier in the north and finishes later in the south of New Zealand.
- Grass pollen is usually highest in the early morning.
- Pollen is distributed in the wind and can go a long way, depending on strength and direction.

TIPS FOR MANAGING POLLEN ALLERGY

As with any allergies, appropriate medications can control or alleviate symptoms. Consult your doctor.

Avoiding exposure to the pollen concerned can also help. Here are some top tips:

- Keep windows closed at night and early morning
- Stay indoors when it is windy
- Stay away from high pollen areas, such as parks, golf courses, farms, country roadsides etc., where grass/weeds are not regularly mown.

ACKNOWLEDGEMENTS TO:

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Allergy New Zealand is a national charity dedicated to supporting people living with allergies.

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Trees

	SPRING			SUMMER			AUTUMN			WINTER		
	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Wattle (Acacia)												
Macrocarpa (Cupressus)												
Pinus radiata												
Other Pinus species												
Hazelnut (Corylus)												
Gorse (Ulex)*												
Japanese Cypress (Cryptomeria)												
Alder (Alnus)												
Poplar (Populus)												
Oak (Quercus)												
Native Beech (Nothofagus)*												
Native Coprosma species*												
Elm (Ulmus)												
Maples, Sycamore (Acer)												
Birch (Betula)												
Plane (Platanus)												
Walnut (Juglans)												
Mulberry (Morus)												
Native Podocarps e.g. Rimu*												
Eucalyptus/Manuka												
Native Milkwoods*												
Olive (Olea)												
Pohutukawa/Rata (Metrosideros)*												



Weeds

	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Plantain (Plantago)												
Privet (Ligustrum))												
Nettles (Urtica)												
Dock, Sorrel (Rumex)												
Chenopod weeds e.g. fat-hen												



Grasses

	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Cocksfoot (Dactylis)												
Yorkshire Fog (Holcus)												
Ryegrass (Lolium)												
Tall Fescue (Festuca)												
Prairie Grass (Bromus)												
Dogstail (Cynosurus)												
Crested Dogstail (Cynosurus)												
Brown top (Agrostis)												
Timothy (Phleum)												
Meadow Foxtail (Alopecurus)												
Sweet Vernal (Anthoxanthum)												



Other

	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Fungal spores**												

= Producing pollen at this time

*Anecdotal only – needs research

**Produced outside, mostly in autumn. High season is March through to May; inside in damp houses all year. Potent allergen for some.



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