



Met Office

Pollen Forecast

Yolanda Clewlow
UK Pollen Network Manager

If you suffer from hay fever you'll understand just how important the pollen forecast is. We now produce the pollen forecast here at the Met Office as part of our service to the public. We produce the forecast using current pollen data collected from around the UK, which is mainly species type and number, we also factor in current weather information. You can access a lot more information on our website, where you can use our daily pollen forecast to plan your activities and better manage your condition.

Did you know?

Many people who are allergic to Birch pollen can also have an associated allergic reaction to certain fruit and nuts, for example apples.

It's thought that around 15-20% of the population suffer with hay fever and many more may be undiagnosed. There's around 4 million sick days taken a year and this is set to become more significant as hay fever rates increase with climate change.

Did you know?

Cities have lower pollen counts than rural areas but higher rates of hay fever. Pollution stressed trees and plants causing them to release smaller, more allergenic pollen as well as worsening the reaction of sufferers.

Pollen is collected from a number of sites around the UK using a trap such as this one here at the Met Office in Devon. There can be up to a 4 week lag between the start of the season down here in the south and the start of the season further north. Local land features can have a bearing on local pollen count as well, for example coastal counts can vary greatly from those further in land. The best way to manage your condition is to monitor the forecast and avoid exposure on high count days. For some other useful tips and useful links, please go to our website.