



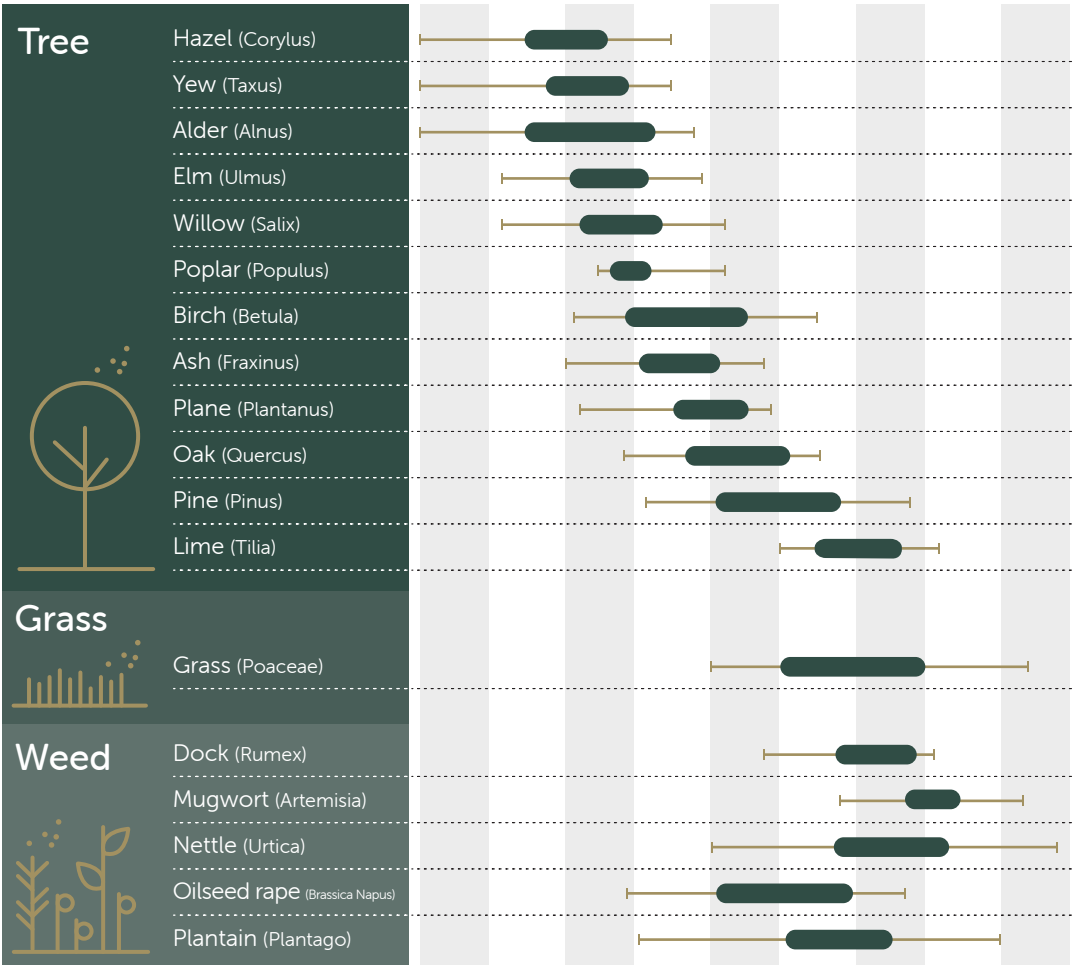
# Pollen Calendar

Consult this calendar\* to ensure that you are well-prepared to minimise the impact of hay fever on your eyes.



— Main release period    — Peak

## Pollen Type



\*Data related to pollen is provided by the Met Office