## Low grass pollen destinations

### Europe

<table>
<thead>
<tr>
<th>Month</th>
<th>Destinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>All European countries</td>
</tr>
<tr>
<td>February</td>
<td>All European countries</td>
</tr>
</tbody>
</table>
| March | Most countries except: Mediterranean Islands and Portugal  
Baltic countries  
Czech Republic  
Germany (N) |
| April | Iceland  
Romania  
Scandinavia  
Slovakia  
Denmark  
Finland  
Iceland  
Latvia  
Lithuania  
Macedonia |
| May | Norway  
Poland  
Romania  
Serbia  
Slovakia  
Sweden  
Canary Islands |
| June | Finland (N)  
Norway (Central)  
Aegean Islands & Crete  
Canary Islands  
Corsica |
| July | Ionian Islands & Corfu  
Italy (S)  
Madeira  
Aegean Islands & Crete  
Albania  
Canary Islands  
Corsica  
Croatia  
Denmark  
Estonia  
Finland (N)  
France (S) |
| August | Greece  
Italy (S)  
Ionian Islands & Corfu  
Macedonia  
Madeira  
Netherlands  
Norway (N)  
Slovenia  
Spain (S)  
Sweden |
| September | Most countries except: Austria, Bulgaria, Portugal, Romania, Serbia, Spain (N) and Turkey |
| October | All European countries |
| November | All European countries |
| December | All European countries |

### America

**NB: Tropical regions have pollen all year**

<table>
<thead>
<tr>
<th>Month</th>
<th>Destinations</th>
</tr>
</thead>
</table>
| January | Canada:  
All  
USA:  
All States |
| | USA:  
All States |
February
Canada: All
S. America: Chile Peru
USA: Northern States only
March
S. America: Chile Peru
USA: Northern States only
Canada: All
April
All except: Ontario & British Columbia
S. America: Chile Peru
May
S. America: Chile Peru
June
S. America: Chile Peru
July
S. America: Chile Peru
USA: Michigan Wisconsin Ohio
Canada: Saskatchewan Nova Scotia Ontario British Columbia New Brunswick
August
S. America: Chile Peru
USA: Northern states only
Canada: All except: Quebec
September All except: Quebec
S. America: Chile Peru
USA: Northern states only
October
Canada: All
S. America: Chile
USA: Northern states only
November
Canada: All
USA: Northern states only
December
Canada: All
Africa
Tanzania
Australia

*N.B. New South Wales has grass pollen all year round*

<table>
<thead>
<tr>
<th>January</th>
<th>Morocco</th>
<th>Tunisia</th>
<th>Egypt</th>
<th>Zimbabwe</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Kenya</td>
<td>Zimbabwe</td>
</tr>
<tr>
<td>March</td>
<td>Tanzania</td>
<td>Zimbabwe</td>
<td>Kenya</td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>South Africa</td>
<td>Tanzania</td>
<td>Kenya</td>
<td>Zimbabwe</td>
</tr>
<tr>
<td>May</td>
<td>South Africa</td>
<td>Tanzania</td>
<td>Kenya</td>
<td>Morocco</td>
</tr>
<tr>
<td>June</td>
<td>South Africa</td>
<td>Tunisia</td>
<td>Kenya</td>
<td>Morocco</td>
</tr>
<tr>
<td>July</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Kenya</td>
<td>South Africa</td>
</tr>
<tr>
<td>August</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Morocco</td>
<td>Tunisia</td>
</tr>
<tr>
<td>September</td>
<td>Tunisia</td>
<td>Zimbabwe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Kenya</td>
<td></td>
</tr>
<tr>
<td>November</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Egypt</td>
<td></td>
</tr>
<tr>
<td>December</td>
<td>Morocco</td>
<td>Tunisia</td>
<td>Zimbabwe</td>
<td></td>
</tr>
</tbody>
</table>

Australia

January
- Tasmania
- N. Territory
February
- Tasmania
- N. Territory
March
- Tasmania
- N. Territory
- ACT
April
- Tasmania
- N. Territory
- W. Australia
- ACT
- Queensland
- S. Australia
May
- Tasmania
- N. Territory
- Victoria
- W. Australia
- ACT
- Queensland
- S. Australia
June
- Tasmania
- Victoria
- W. Australia
- ACT
- Queensland
- S. Australia
July
- Tasmania
- Victoria
Asia

*N.B. Tropical and sub-tropical regions have grass pollen all year*

<table>
<thead>
<tr>
<th>Month</th>
<th>Regions</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>W. Australia, S. Australia</td>
</tr>
<tr>
<td></td>
<td>Queensland, W. Australia</td>
</tr>
<tr>
<td>September</td>
<td>W. Australia</td>
</tr>
<tr>
<td>October</td>
<td>N. Territory</td>
</tr>
<tr>
<td>November</td>
<td>N. Territory</td>
</tr>
<tr>
<td>December</td>
<td>N. Territory</td>
</tr>
</tbody>
</table>

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