COMPANION TOOLKIT

Regional Pollen Calendar & Planning Toolkit



Know your region. Read your year.
Plan before your season starts.

Australia-wide · every state and territory

What's inside

- Region cards
- Year at a glance
- Season by season
- Forecasts and tracking
- My season plan

Why this toolkit helps

Australia's pollen calendar isn't a single spring peak. Overlapping seasons, a huge range of climates, and a mix of native and introduced plants mean many Australians meet some airborne trigger for much of the year. Where you live decides your windows.

Companion to
Hay Fever SOS: The Australian Guide

From
The Hay Fever SOS Care Team

Seasons in this toolkit follow the Hay Fever SOS Guide: Spring Aug–Oct, Summer Nov–Jan, Autumn Feb–Apr, Winter May–Jul.

General information only — not medical advice. Always check with your GP, pharmacist or allergist.

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Why one national season doesn't work

Australia's pollen calendar isn't a single spring peak. Overlapping seasons, a huge range of climates, and a mix of native and introduced plants mean many Australians meet some airborne trigger for much of the year. Where you live decides your windows.

How to use this toolkit

1. Find your region: page 2
2. Read your year: page 3
3. Match the season: page 4
4. Plan and track: pages 5 and 6

What's inside

- Region cards — p.2
- Year at a glance — p.3
- Season by season — p.4
- Forecasts and tracking — p.5
- My season plan — p.6

What you'll need

A pen · Your nearest city or postcode · 20 minutes · Phone reminders or a calendar

Pairs well with

The Bedroom Airflow & HEPA Audit Blueprint. Check what's happening indoors, too.

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1 · Find Your Region

Australia's grasses fall into two broad families. Temperate grasses like ryegrass dominate the cooler southern states, usually with one intense spring peak. Subtropical grasses like couch, Bahia and Johnson grass dominate the warmer north and coast, with a longer season from summer into autumn.



Temperate south

(e.g. VIC, TAS, southern NSW, SA, southern WA)

One intense spring peak

Subtropical and tropical north

(e.g. QLD, NT)

A longer season, summer into autumn

VIC

Victoria

Ryegrass dominates in October and November. Severe seasonal peaks, and the greatest thunderstorm asthma risk.

NSW ACT

New South Wales and ACT

Grass pollen overlaps with Parietaria (pellitory), a weed that can release pollen almost year-round, especially around Sydney.

QLD

Queensland

Subtropical grasses and weeds can pollinate from late spring right through to autumn. Humidity adds a significant mould-spore burden.

SA

South Australia

An unusually long season, from cypress pine and olive flowering in early spring through to grasses finishing in December.

WA

Western Australia

Cypress pine and weeds can start the season in late winter, then temperate grasses in spring and couch grass through summer.

NT

Northern Territory

The pattern flips. The worst symptoms tend to cluster in the dry season (around May to July), driven by tropical grasses.

TAS

Tasmania

Ryegrass and other temperate grasses dominate, mainly September to December.

Moved states?

Your old assumptions about 'your season' may no longer apply. Check your new region's card.

Not sure which applies?

Use the pollen tools on page 5 and compare with the calendar on page 3.

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2 · Your Year at a Glance

There is no single hay fever season in Australia. Find your row and see when your region's windows usually open.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
WA	G	G	G	T			T	T	GTW	GW	GW	G
SA								T	T	GT	G	G
VIC	M	W	W	M				T	TG	G	G	G
TAS								T	TG	G	G	G
NSW / ACT	GW	W	W	W			T	T	TG	G	G	GW
QLD	GM	GM	GM	GM	G				G	G	GM	GM
NT	M	M	M	M	G	G	G	G			M	M
Dust mites (indoors)												
Mould (damp spaces)												

Low or not typical · Some pollen · High · Peak

G Grass · **T** Trees · **W** Weeds · **M** Mould spores



South: the spring peak, with ryegrass strongest in October and November.



Queensland: subtropical grasses and humidity-driven mould, strongest from summer into autumn.



Northern Territory: the dry season, around May to July.

- In Sydney, Parietaria (pellitory) can release pollen almost year-round.
- Dates are general guides and vary by year, suburb and weather. Always check your local forecast.

General information only — not medical advice. Always check with your GP, pharmacist or allergist.

3 · Season by Season

What usually changes through the year, and what to do about it. Seasons follow the Hay Fever SOS Guide.



Spring · Aug–Oct

Temperate south

Trees lead early: cypress pine and she-oak from August, olive and plane trees peak in September. Grass rises in September, and ryegrass peaks in October.

Tropical north

A gradual build. Subtropical grasses start in QLD from September. The NT is relatively quiet.

Plan

- ☐ Check your local forecast daily
- ☐ Keep windows closed on windy days
- ☐ Ask your GP or pharmacist what suits you before your season starts



Summer · Nov–Jan

Temperate south

Ryegrass stays high in VIC and southern NSW into early November. SA's grass season wraps up by late November. Couch grass starts in warm inland areas. Weeds continue, and mould rises with humidity.

Tropical north

The wet season. Humidity and mould spores can matter more than pollen. Subtropical grasses continue on the Queenshand coast.

Plan

- ☐ Check indoor humidity
- ☐ Shift focus to mould in the tropics
- ☐ Book a review with your GP to plan the next spring



Autumn · Feb–Apr

Temperate south

Grass is generally low. Weeds such as plantain, dock and pellitory can persist, and mould can rise after autumn rains.

Tropical north

Mould stays high. Subtropical grass pollen declines through March and April.

Plan

- ☐ Don't assume the season is over
- ☐ Rake leaves and compost promptly
- ☐ Check purifier filters after summer



Winter · May–Jul

Temperate south

Pollen is generally low. Dust mites, pet dander and damp are the main drivers as homes close up. Some early trees can start in July.

Tropical north

The dry season peak. Tropical grass pollen rises as vegetation dries out and wind spreads it.

Plan

- ☐ South: indoor maintenance mode
- ☐ North: start planning in late April and track daily from May
- ☐ A good time to book a review, outside the peak

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4 · Read, Track and Prepare

A forecast only helps if you know what to do with it.

Reading a pollen forecast

- Low
- Moderate
- High
- Very High
- Extreme

Scales differ between tools. Use the scale your tool shows.

What makes a high-pollen day

Warm
Higher temperatures can increase pollen release from grasses, trees and weeds.

Dry
Dry conditions help pollen grains stay airborne for longer.

Windy
Wind can lift and spread pollen over long distances.

Timing varies by plant, weather and location. Check your local forecast, and plan outdoor time for after rain or when counts are lower.

Tools that work together

AusPollen
Daily pollen counts for your city or region. Check each morning in your peak season.

AirRater
Log symptoms alongside pollen, air quality and humidity to spot your own patterns.

BOM weather app
Wind, humidity and storm warnings.

My weekly symptom diary

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pollen level today (Low to Extreme)							
Symptoms 0–3							
Where I was							
Notes							

0 none · 1 mild · 2 moderate · 3 severe

Spring storm days

Certain spring thunderstorms on high grass-pollen days can make symptoms much worse, because storm moisture can break pollen grains into fragments that travel deeper into the lungs. On these days: stay indoors, close windows and doors, and set air conditioning to recirculate. Keep any prescribed reliever within reach, and ask your doctor about a written asthma action plan.

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5 · My Season Plan

Fill this in, then take it to your GP or pharmacist.

A My region

☐ WA ☐ SA ☐ VIC ☐ TAS ☐ NSW/ACT ☐ QLD ☐ NT Nearest city: _____

B My likely windows

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Shade the months your symptoms are usually worst, then compare with page 3.

C Before my season starts

- ☐ Find my region's window on page 3
- ☐ Complete the Bedroom Airflow & HEPA Audit Blueprint
- ☐ Set up a pollen forecast tool
- ☐ Check purifier filters
- ☐ Book a review with my GP, pharmacist or allergist

D Questions for my GP or pharmacist

What can I do before my season starts? _____

Is preventive treatment suitable for me, and when would it start? _____

Should I be tested, and by whom? _____

Is a written asthma action plan worth having? _____

E My dates

Plan starts: _____ • Expected peak months: _____ • Review after season: _____

Wheezing, chest tightness or difficulty breathing that doesn't settle is a medical emergency. The Emergency Anaphylaxis Protocol is always free in the Hay Fever SOS Guide.

In a medical emergency, call 000 immediately. This is general information, not a substitute for professional medical care.

Want a plan built around your local triggers, wherever you live in Australia?

Take the free 2-minute Hay Fever Quiz.

hayfeversos.com/quiz.html

From the Hay Fever SOS Care Team

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