Seasonal Allergens

Pollen and outdoor moulds are common seasonal allergens than can trigger asthma symptoms if you are allergic to them. The levels of these allergens vary throughout the year, with much higher levels in the warmer months and very low levels in the winter.

Aerobiology Research Laboratories has expertise in outdoor allergen identification and sampling. They track various pollen and mould spores and provide reports to The Weather Network and other websites and software applications (apps). An increasing number of researchers and municipalities have been requesting pollen and mould reports from Aerobiology Research Laboratories to better understand and manage the impact of these allergens.

Knowing the current and predicted allergen levels in your community can help you reduce your exposure. For example, if there is a high level of one of your known allergens, you may decide to spend more time indoors until it decreases.

**Graphs of seasonal allergen levels in downtown Toronto**

(Provided by Aerobiology Research Laboratories)

The graphs below represent the seasonal changes in outdoor allergen levels in downtown Toronto. The darker purple bars indicate the average outdoor allergen levels that are commonly found each season. The lighter purple bars show the variation in levels that has occurred over the last 10 years.
Weather greatly affects pollen seasons from year to year. Weather in the previous winter and spring also has a big effect on pollen production.

For more information about outdoor allergens go to www.pollenexperts.ca.

**Help improve the quality of life for allergy sufferers**

Aerobiology Research Laboratories uses a device called a “rotation impaction sampler” to measure the allergen levels. They currently have 10 allergen sampling locations in Ontario. They would like to expand their network to better serve those with allergies and asthma, especially in the Greater Toronto Area, Mississauga/Oakville and Oshawa/Whitby.
Operating their sampler does not require specialized skills and only takes about 10 minutes each day during the pollen season to change the samples and put them in a vial for shipment. Aerobiology Research Laboratories provides all of the instructional materials and support that you need.

You could become part of the pollen collection network. If you are interested in learning more about their program, please contact them at aerobio@aerobiology.ca or visit www.pollenexperts.ca.

If you have any questions, call the Lung Health Information Line at 1-888-344-LUNG (5864), email info@on.lung.ca or visit www.on.lung.ca.