# Met Office warns of severe pollen bomb hitting England and Wales amid record hay fever cases



A significant "pollen bomb" is currently impacting the UK, affecting millions, especially those vulnerable to hay fever. According to the Met Office, pollen levels have reached alarming highs across most regions of England and Wales, with almost all areas—excluding North East England—registering "very high" counts. The situation is particularly dire in the East of England and London & South East England, where residents have reported increased symptoms and discomfort.

The term "pollen bomb" describes a short burst of elevated pollen release, often triggered by a combination of warmth, dryness, and sunny weather. As warmer conditions prompt trees and grasses to bloom, the amount of pollen released into the air can spike dramatically. This year's bout aligns with patterns seen in previous years during similar weather conditions, leading the Met Office to issue warnings. A spokesperson noted, “Current conditions are fuelling pollen release, and gentle breezes are dispersing it further.”

Social media has become a focal point for many who are sharing their struggles. Reports of tight chests, red eyes, and brain fog have proliferated, suggesting that even those who usually do not suffer from hay fever are feeling the effects. One TikTok user described their experience as feeling "literal shards of pollen going into my eyes," a sentiment echoed by public figures like Piers Morgan, who tweeted about his intense hay fever symptoms. The increasing prevalence of severe reactions highlights a growing concern over how pollen levels can affect daily life during this time of year.

What complicates matters is the variability in pollen forecasts. While the Met Office predicts pollen counts based on extensive observational data and weather patterns, localised conditions, especially in urban parks, may not always align with these broader forecasts. Instances in London have reflected a paradox where individuals experienced severe symptoms despite official predictions indicating low pollen levels. This discrepancy may stem from microclimatic factors, where localised weather conditions can exacerbate pollen concentrations.

The pollen count is measured per cubic metre of air, with different thresholds representing various pollen levels. For example, a count of 50-150 grains of grass pollen is classified as high, and between 81-200 grains for birch pollen. The current high levels indicate serious trouble for those sensitive to tree and grass pollens. Experts assert that birch pollen has prominently contributed to this wave of allergy symptoms.

Despite the immediate discomfort, a welcome relief is expected by the weekend. The Met Office forecasts a decrease in pollen levels as rainfall approaches. Residents are advised to stock up on antihistamines and consider strategies such as using nasal filters or applying Vaseline around the nostrils to reduce pollen inhalation. The arrival of rain might help alleviate the current situation but also serves as a reminder of the ongoing challenges that those suffering from hay fever will face as warmer months continue.

As we navigate through the spring and into summer, it is vital for the public to remain aware of pollen forecasts and to prepare accordingly. The ongoing support and understanding of hay fever sufferers will be crucial as they manage their symptoms during this challenging period.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/sciencetech/article-14801829/pollen-bomb-warning-england-wales.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.itv.com/news/2025-04-07/what-is-a-pollen-bomb-met-office-issues-warning-to-hay-fever-sufferers)
* Paragraph 2 – [[2]](https://www.itv.com/news/2025-04-07/what-is-a-pollen-bomb-met-office-issues-warning-to-hay-fever-sufferers), [[5]](https://www.lbc.co.uk/weather/pollen-bomb-hay-fever-red-alert-issued-met-office/)
* Paragraph 3 – [[3]](https://businesstelegraph.co.uk/mystery-pollen-bomb-strikes-london-baffled-residents-complain-of-tight-chests-red-eyes-and-brain-fog-despite-the-met-office-forecasting-low-levels/), [[4]](https://www.independent.co.uk/weather/pollen-count-today-hayfever-level-london-uk-weather-b2732381.html)
* Paragraph 4 – [[3]](https://businesstelegraph.co.uk/mystery-pollen-bomb-strikes-london-baffled-residents-complain-of-tight-chests-red-eyes-and-brain-fog-despite-the-met-office-forecasting-low-levels/), [[5]](https://www.lbc.co.uk/weather/pollen-bomb-hay-fever-red-alert-issued-met-office/), [[6]](https://www.standard.co.uk/news/uk/pollen-bomb-hayfever-weather-uk-summer-temperatures-b1167012.html)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/sciencetech/article-14801829/pollen-bomb-warning-england-wales.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.itv.com/news/2025-04-07/what-is-a-pollen-bomb-met-office-issues-warning-to-hay-fever-sufferers)
* Paragraph 6 – [[5]](https://www.lbc.co.uk/weather/pollen-bomb-hay-fever-red-alert-issued-met-office/), [[6]](https://www.standard.co.uk/news/uk/pollen-bomb-hayfever-weather-uk-summer-temperatures-b1167012.html)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/sciencetech/article-14801829/pollen-bomb-warning-england-wales.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.itv.com/news/2025-04-07/what-is-a-pollen-bomb-met-office-issues-warning-to-hay-fever-sufferers> - In April 2025, ITV News reported on the Met Office's warning about a 'pollen bomb' affecting the UK. The term 'pollen bomb' describes a short period of high pollen release, leading to elevated pollen levels across the country. The Met Office highlighted that warm, dry, and sunny weather conditions were triggering plants to release more pollen, with gentle breezes helping to disperse it over a broader area. The lack of rain allowed pollen grains to remain airborne longer, exacerbating the situation for hay fever sufferers. The report also noted that birch pollen was the main allergen during this period, and the combination of these factors resulted in very high pollen levels across large areas of the UK. The article provided insights into the causes and expected duration of the pollen bomb, as well as its impact on individuals sensitive to pollen. [Source: ITV News]
3. <https://businesstelegraph.co.uk/mystery-pollen-bomb-strikes-london-baffled-residents-complain-of-tight-chests-red-eyes-and-brain-fog-despite-the-met-office-forecasting-low-levels/> - In May 2025, Business Telegraph reported on a mysterious 'pollen bomb' in London, where residents experienced symptoms like tight chests, red eyes, and brain fog, despite the Met Office forecasting low pollen levels. Social media users shared experiences of thick clouds of pollen in parks, leading to discomfort even among those who typically don't suffer from hay fever. The article discussed the discrepancy between the Met Office's forecast and the actual pollen levels, attributing the high pollen counts to weather conditions and the blooming of trees. It also highlighted that the Met Office's regional forecasts might not capture very local details, such as conditions in specific parks. The report emphasized the impact of these unexpected pollen levels on London's residents and the challenges in predicting such events. [Source: Business Telegraph]
4. <https://www.independent.co.uk/weather/pollen-count-today-hayfever-level-london-uk-weather-b2732381.html> - In April 2023, The Independent reported on the early arrival of hay fever season in the UK due to a 'pollen bomb'. Pollen levels in London and the South East reached 'very high' levels, with predictions to continue until Tuesday, after which they were expected to drop slightly. Other areas, including the South and Yorkshire and Humber, also experienced high levels. The article noted that the warm weather in April contributed to the early onset of hay fever symptoms, with temperatures reaching up to 24°C. Experts highlighted that birch pollen was the main allergen during this period, and the combination of warm temperatures and increased pollen release led to a challenging season for hay fever sufferers. [Source: The Independent]
5. <https://www.lbc.co.uk/weather/pollen-bomb-hay-fever-red-alert-issued-met-office/> - In April 2025, LBC reported on a 'pollen bomb' warning issued by the Met Office, affecting six regions of the UK. A red pollen alert was issued for the South West and South East of England, with high pollen levels expected in Wales, South East England, East and West Midlands. Hay fever sufferers were advised to be aware of ash and birch pollen, which were prevalent during this period. The Met Office's pollen forecaster manager, Yolanda Clewlow, mentioned that the pollen season had already started, and people sensitive to tree pollen might have noticed early tree species in the air. The article emphasized the widespread impact of the pollen bomb and the importance of preparedness for those affected. [Source: LBC]
6. <https://www.standard.co.uk/news/uk/pollen-bomb-hayfever-weather-uk-summer-temperatures-b1167012.html> - In June 2024, The Standard reported on warnings of a 'pollen bomb' affecting hay-fever sufferers in London. Soaring temperatures and the right humidity were expected to lead to very high pollen counts, prompting many to reach for antihistamines. The Met Office indicated that most of England, Wales, Northern Ireland, and parts of Scotland would experience 'very high' pollen counts for at least the next five days. The article explained that a 'pollen bomb' is an unofficial term for a short period of very high pollen counts, and while it has no scientific significance, it effectively describes a large wave of pollen impacting the UK. The report also discussed the factors contributing to the high pollen levels and provided advice for managing hay-fever symptoms during this period. [Source: The Standard]