



**Date of Pollen and Mold Count:**

**Weather Conditions:**

**L Temp / H Temp:**

**Max Humidity:**

**Pollen & Mold Count Summary – Grains per Cubic Meter of Air**

| Allergen | G/CM | Result | Primary Pollen / Mold |
|----------|------|--------|-----------------------|
| Trees    |      |        |                       |
| Weeds    |      |        |                       |
| Grasses  |      |        |                       |
| Molds    |      |        |                       |

**Note: Pollen & Mold Count Summary should not be totaled.  
Trees, weeds, grasses, and molds all have different G/CM ranges.**

**Reading the Summary**

| Allergen | G/CM               | Result    | Level of Symptoms                                                                                                                                                                 |
|----------|--------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Trees    | 0 - 15             | Low       | <b>Absent</b> - <u>No</u> symptoms                                                                                                                                                |
|          | 16 - 90            | Moderate  |                                                                                                                                                                                   |
|          | 91 - 1,500         | High      |                                                                                                                                                                                   |
|          | Greater than 1,500 | Very High |                                                                                                                                                                                   |
| Weeds    | 0 - 10             | Low       | <b>Low</b> - <u>Only</u> individuals extremely sensitive to these pollens and molds will experience symptoms                                                                      |
|          | 11 - 50            | Moderate  |                                                                                                                                                                                   |
|          | 51 - 500           | High      |                                                                                                                                                                                   |
|          | Greater than 500   | Very High |                                                                                                                                                                                   |
| Grasses  | 0 - 5              | Low       | <b>High</b> - <u>Most</u> individuals with any sensitivity to these pollens and molds will experience symptoms.                                                                   |
|          | 6 - 20             | Moderate  |                                                                                                                                                                                   |
|          | 21 - 200           | High      |                                                                                                                                                                                   |
|          | Greater than 200   | Very High |                                                                                                                                                                                   |
| Molds    | 0 - 900            | Low       | <b>Very High</b> - <u>Almost all</u> individuals with any sensitivity to these pollens and molds will experience symptoms. Extremely sensitive people could have severe symptoms. |
|          | 901 - 2500         | Moderate  |                                                                                                                                                                                   |
|          | 2501 - 25000       | High      |                                                                                                                                                                                   |
|          | Greater than 25000 | Very High |                                                                                                                                                                                   |

**Your personal Pollen and Mold Spore count is provided as a service by  
The University of Texas at Tyler Health Science Center.**

**Should you have concerns or questions, please contact (903) 877-5735.**