

COVID-19 Pattern is Seasonal and what Explains it?

COVID-19 and Flu are both seasonal, and seasonal allergens appear to be responsible for that. This is in short the outcome of our research during 2020-2021.

June 7, 2021: *OneHealth* publishes our 3rd article which shows that “[Seasonal patterns COVID-19 and Flu-Like Illnesses comparable](#)” (preprint version of March 2021) for a country in the temperate climate zone. The seasonality of Flu is a well-accepted, non-controversial fact. But, regarding COVID-19 it was mere speculation, often not included in the predictive models of our governments. The confirmation of COVID-19 seasonality is therefore very impactful: we can again start planning to lift lockdown measures (earlier) during Spring. And herd immunity should be reached during Summer to prevent the 3rd wave.

March 10, 2021: [interview in WebMD.com](#) about whether pollen reduces or contributes to COVID-19 infection rate, and the serious methodological limitations of a recent German study.

Seasonal allergens (pollen) explain Flu and COVID-19 season

Feb 16, 2021: An independent Chicago study (not yet peer-reviewed) confirms our “seasonal allergens” findings. This study adds mold spores to the bioaerosol count and provides some additional pathophysiological explanations: <https://www.medrxiv.org/content/10.1101/2021.02.07.21251322v1>

Feb 10, 2021: [Science of the Total Environment \(STE\)](#) publishes our paper “[Can pollen explain the seasonality of flu-like incidence?](#)”. STE is a respected, peer-reviewed journal of

Elsevier Science with an impact factor of 6.5 (2019). The impact factor is based on the average number of citations per year.

In this second study, we explain the seasonality of flu-like incidence including COVID-19. In summary, the study looks at recent medical explanations of the protective effects of seasonal allergens and allergies in relation to influenza and COVID-19. Further, we tested associations between seasonal allergens and flu-like incidence. Finally, we controlled outcomes for meteorological variables.

July 20, 2020: preliminary study is published after peer-review in which I [identified pollen as an inhibitor of flu-like incidence](#).

Media coverage pre-print

Even after its publication, the study is still kept available as a [preprint on medRxiv](#). Preprint servers are a wonderful tool to share new insights and collect feedback during the peer-review process of a journal.

At first, the popular medical website [News Medical](#) picked up the pre-print. Followed by the French [Medisite.fr](#), and [Thailand Medical News](#), covering our findings extensively as well.

Hayfever countries like the findings

Our findings were especially well covered in typical hayfever countries. [Yahoo Japan mentions the outcomes](#), based on an item in the [South-Korean newspaper 연합뉴스 \(Central Daily News\)](#).

In Russia, [Naked Science](#) (RU) summarizes and [LIFE](#) (RU) and [Izvestia](#) (RU) discuss the outcomes. This leads to coverage by

[Shafaag](#) (Iraq), and [Eg24](#) (Egypt). The South China Morning Post says [“Pollen could play a role in reducing \[the\] spread of coronavirus, Dutch study finds.”](#) In Chinese, there are many items. For example, in [Asia News](#), [QianZhan.com](#), [QQ.com](#), [PPfocus.com](#), [Isanji.com](#), etc.

Indeed, the appearance of a large amount of pollen in the air can lead to the binding of micro-droplets containing the virus, which slows its spread.

Oleg Batishchev, associate professor of the Department of Biophysics at the Moscow Institute of Physics and Technology. Source: newspaper [Izvestia \(RU\)](#).

Regional Dutch newspapers on October 16, 2020, published [an interview](#) about the implications for the second wave of COVID-19. I expect it to be longer than the first wave and end around week 10 of 2021 (+/- 5 weeks). The end will be similarly abrupt as the ending of the first wave. In the Netherlands, the government follows a flatten-the-curve policy. Not a hard containment policy like in East Asia and the Pacific.

The first newspaper to pick the story up is [FD](#). Next follows an [interview in De Telegraaf](#), the most read Dutch newspaper, provoking extensive online discussions. [Someone posted an English translation of it. Also, RTL News \(NL\) had an item \(@2m10s\) about it as well.](#) It's clear that COVID-19, hay fever, and multi-cycle pandemics are big subjects, as is the riddle of flu-like-seasonality. We identified a key predictor.