



HAZY?

REFER TO THESE GUIDES
TO PLAN YOUR ACTIVITIES

TO PLAN AHEAD, REFER TO THE 24-HOUR PSI FORECAST & HEALTH ADVISORY

Scientific studies on the health effects of particulate matter (PM) are based on 24-hour exposure and has a corresponding health advisory. Use this to plan ahead like going to work or school tomorrow.

24-hour PSI Forecast	Good 0 - 50	Moderate 51 - 100	Unhealthy 101 - 200	Very Unhealthy 201 - 300	Hazardous >300
HEALTHY PERSONS	Normal activities	Normal activities	Reduce prolonged or strenuous outdoor physical exertion	Avoid prolonged or strenuous outdoor physical exertion	Minimise outdoor activity
ELDERLY, PREGNANT WOMEN, CHILDREN	Normal activities	Normal activities	Minimise prolonged or strenuous outdoor physical exertion	Minimise outdoor activity	Avoid outdoor activity
PERSONS WITH CHRONIC LUNG DISEASE, HEART DISEASE	Normal activities	Normal activities	Avoid prolonged or strenuous outdoor physical exertion	Avoid outdoor activity	Avoid outdoor activity

Explanatory notes:

Reduce = do less

Minimise = do as little as possible

Avoid = do not do

Prolonged = continuous exposure for several hours

Strenuous = involving a lot of energy or effort

The impact of haze is dependent on one's health status, PSI, and the duration and intensity of outdoor activity. Reducing outdoor activities and physical exertion can help limit the ill effects. Persons who are not feeling well should seek medical attention. The 24-hour PSI forecast is only available during periods of transboundary haze.

TO CHECK IF YOU SHOULD ADJUST YOUR IMMEDIATE ACTIVITIES, REFER TO THE 1-HOUR PM_{2.5} FIGURES

During the haze season, the main air pollutant is PM_{2.5}. 1-hour PM_{2.5} concentration readings are a good indicator of the current air quality. Use this for immediate activities like going for a jog.

Band	Descriptor	Range of 1-hour PM _{2.5} concentration (µg/m ³)
I	Normal	0 to 55
II	Elevated	56 to 150
III	High	151 to 250
IV	Very High	251 and above

GENERAL GUIDE

Among healthy individuals, exposure to high levels of haze particles may cause irritation of the eyes, nose, and throat. Such irritation resolves on its own in most cases.

Haze particles can affect the heart and lungs, especially in people who already have chronic heart or lung disease e.g. asthma, chronic obstructive pulmonary disease, or heart failure. Individuals with existing chronic heart and lung conditions should ensure that your medications are on hand and readily available.

Each individual's reaction to pollutants may vary, and the amount of physical activity or exertion that can be performed differs according to your health status or physical capacity. Should you encounter symptoms or discomfort, please take additional measures to prevent further exposure.

Persons who are not feeling well, especially the elderly and children, and those with chronic heart or lung conditions, should seek medical attention promptly.



DO YOU KNOW?

VISIBILITY

- Poor visibility is not always caused by air pollutants.
- Moisture is a major factor of visibility. Water droplets in the atmosphere can scatter light, and in humid conditions water can also bind with airborne particles and cause them to swell in size.



SMELL

- Smells detected may not always be accompanied by higher air quality readings. There is no good correlation between air quality readings and burning smells.
- Burning smells in the air can be due to by various sources such as transboundary haze from forest and peat fires in the region, local fires or other localised sources of burning.



With the 24-hour PSI forecast, health advisories, and the new bands for the 1-hour PM_{2.5} concentration available at www.haze.gov.sg and www.nea.gov.sg, let's stay unfazed even during the haze!



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