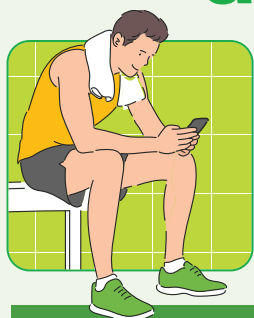


How to plan your outdoor activities during haze



For immediate outdoor activities

Use the 1-hour PM_{2.5} readings and personal guide[^]

The 1-hour PM_{2.5} concentration indicates the current air quality. When planning activities within the next few hours, the public are advised to refer to the latest 1-hr PM_{2.5} readings before proceeding.

BAND 1 (NORMAL) (0 - 55 µg/m ³)	BAND 2 (ELEVATED) (56 - 150 µg/m ³)	BAND 3 (HIGH) (151 - 250 µg/m ³)	BAND 4 (VERY HIGH) (≥251 µg/m ³)
CONTINUE with normal activities	Healthy persons: - REDUCE strenuous outdoor activities for the next hour Vulnerable persons*: - AVOID strenuous outdoor activities for the next hour	Healthy persons: - AVOID strenuous outdoor activities for the next hour Vulnerable persons*: - AVOID all outdoor activities for the next hour; may wear a mask to reduce exposure	Healthy persons: - MINIMISE all outdoor activities for the next hour; may wear a mask to reduce exposure Vulnerable persons*: - AVOID all outdoor activities for the next hour; may wear a mask to reduce exposure

[^] This guide is not intended to be prescriptive. For the general population, symptoms that may arise from short-term exposure such as throat or eye irritations are expected to resolve after withdrawing from the exposure.

* Vulnerable persons include the elderly, pregnant women, children, and persons with chronic lung disease or heart disease.



For next-day activities

Use the 24-hour PSI forecast and health advisory

The 24-hour PSI forecast and the corresponding health advisory should be used when planning for next-day outdoor activities.

24-HOUR PSI FORECAST	GOOD - MODERATE (0 - 100)	UNHEALTHY (101 - 200)	VERY UNHEALTHY (201 - 300)	HAZARDOUS (>300)
Healthy Persons	Normal activities	REDUCE prolonged or strenuous outdoor physical exertion	AVOID prolonged or strenuous outdoor physical exertion	MINIMISE outdoor activities
Elderly, Pregnant Women, Children	Normal activities	MINIMISE prolonged or strenuous outdoor physical exertion	MINIMISE outdoor activities	AVOID outdoor activities
Persons with Chronic Lung Disease, Heart Disease	Normal activities	AVOID prolonged or strenuous outdoor physical exertion	AVOID outdoor activities	AVOID outdoor activities

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.

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)

Current air quality readings and more information are available at www.haze.gov.sg, www.nea.gov.sg and myENV mobile app

