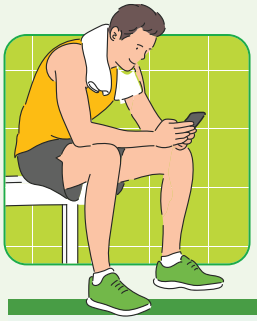
How to plan your outdoor activities during haze



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/m³)	BAND 2 (ELEVATED) (56 - 150 µg/m³)	BAND 3 (HIGH) (151 - 250 µg/m³)	BAND 4 (VERY HIGH) (≥251 µg/m³)
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 outdoor activities

Use the PSI forecast and health advisory

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

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

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