

HAZE HEALTH ADVISORY



MINISTRY OF HEALTH
SINGAPORE

Would you know what precautions to take if the haze levels rise?
Here are some guidelines

24-hour
PSI



HEALTHY
PERSONS

ELDERLY, PREGNANT
WOMEN, CHILDREN

PERSONS WITH CHRONIC
LUNG DISEASE,
HEART DISEASE

0-50
Good

Normal
activities

Normal
activities

Normal
activities

51-100
Moderate

Normal
activities

Normal
activities

Normal
activities

101 - 200
Unhealthy

Reduce prolonged or
strenuous outdoor
physical exertion

Minimise prolonged
or strenuous outdoor
physical exertion

Avoid prolonged or
strenuous outdoor
physical exertion

201 - 300
Very
Unhealthy

Avoid prolonged or
strenuous outdoor
physical exertion

Minimise outdoor
activity

Avoid outdoor
activity

>300
Hazardous

Minimise
outdoor activity

Avoid outdoor
activity

Avoid outdoor
activity

Prolonged = continuous exposure for several hours
Strenuous = involving a lot of energy or effort

Reduce = do less
Minimise = do as little as possible
Avoid = do not do

