

# STAY HEALTHY BREATHE EASY



MINISTRY OF HEALTH  
SINGAPORE

The haze can sometimes irritate your nose, throat and eyes. These effects are usually mild, and pose no danger to most of us. Here are some health tips to help you stay healthy and breathe easy!



## On hazy days...



Reduce outdoor activities and physical exertion.



Reduce the length of exposure and strenuous work if you need to be outside.



Drink plenty of water to stay well hydrated.

## When air quality is hazardous (PSI > 300)...



If you are unable to minimise outdoor activity and have to be outdoors for several hours, you may wish to protect yourself by wearing an N95 mask.



Masks are available at major supermarkets and pharmacies islandwide.



[www.moh.gov.sg/haze](http://www.moh.gov.sg/haze)