

How to Plan Your Outdoor Activities During Haze



For Immediate Outdoor Activities

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

During the haze season, the 1-hour PM_{2.5} concentration indicates the current air quality. Use this to decide on immediate activities such as going for a jog. When planning activities within the same day, members of the public are advised to closely monitor the 1-hr PM_{2.5} readings and check the latest 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	REDUCE strenuous outdoor activity for the next hour Vulnerable persons* – AVOID strenuous outdoor activity for the next hour	AVOID strenuous outdoor activity for the next hour Vulnerable persons* – AVOID all outdoor activity for the next hour	MINIMISE all outdoor activity for the next hour Vulnerable persons* – AVOID all outdoor activity for the next hour

[^] 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, available during the haze season, and the corresponding health advisories should be used when planning for next day outdoor activities, such as going to the beach.

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 Woman, 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

Scientific studies on the health effects of particulate matter (PM) are based on 24-hour exposure. 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 Government will continue to use the 24-hr PSI forecast to implement action plans to minimise and manage the impact of haze on Singapore, guide risk assessment of immediate activities and advise major decisions such as school closure and suspension of training or outdoor work.

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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