



Protecting yourself from Haze



? What is Haze?

Haze is a **mixture of air pollutants** (such as smoke and fine particles) caused by **fires in the region**. It travels across borders and affects air quality in Singapore. It is a seasonal occurrence, and is more common during dry seasons. Pollutants in haze can enter your lungs and cause irritations, even during clear visibility.

Why it Matters?

Haze affects air quality. Prolonged exposure to poor air quality may irritate eyes, skin and airways, making it harder to breathe.

Poor air quality can affect you depending on:



Level of exposure



Time spent outdoors



Pre-existing health conditions

What to Do?

(1) Do not ignore the symptoms.

(2) Act quickly.

- Move to a clean, indoor space
- Limit exposure to haze
- Rest and drink water

Do not leave a person suffering from symptoms alone.

(3) Seek medical attention immediately if:

- Breathing becomes difficult
- Symptoms are severe or do not improve

Look out for Symptoms?

Common symptoms:



Difficulty breathing



Cough and throat irritation



Red and itchy nose



Runny nose



Feeling tired



Headache



Critical Symptoms:

- Breathing becomes difficult
- Chest discomfort or tightness
- Symptoms do not improve, or worsen



Seek medical attention immediately

Protect Yourself

Air Quality (*PSI Forecast):	General Public:	Higher Risk Groups:
Good/Moderate (0-100)	Normal activities	Normal activities
Unhealthy (101-200)	<ul style="list-style-type: none"> • Reduce outdoor activity • Consider wearing a mask 	<ul style="list-style-type: none"> • Minimise outdoor activity • *Consider wearing a N95 mask
Very Unhealthy (201-300)	<ul style="list-style-type: none"> • Reduce outdoor activity • Wear a mask 	<ul style="list-style-type: none"> • Minimise outdoor activity • *Wear a N95 mask
Hazardous (>300)	<ul style="list-style-type: none"> • Minimise outdoor activity • Wear a N95 mask 	<ul style="list-style-type: none"> • Avoid outdoor activity • *Wear a N95 mask

Additional Protection



Keep windows closed / Use an air purifier



Stay hydrated



Protect eyes and skin



Avoid smoke exposure

Legend/Note:

Reduce - Do less. Minimise - Do as little as possible. Avoid - Do not do
*Elderly individuals, pregnant women, and those with serious respiratory or heart conditions should consult a healthcare professional before prolonged use of an N95 mask outdoors.

*Pollutant Standard Index: PSI

Need help or more info?

Singapore Red Cross	6277 2977
Ministry of Social and Family Development (for Disability Service Providers)	1800-222-0000
Early Childhood Development Agency (for Children)	6735 9213
Ministry of Education (for Students)	6872 2220
Ministry of Manpower (for Outdoor Workers)	6438 5122
Ministry of Health (Medical/Health Support)	6325 9220
my ENV app	check PSI level
haze.gov.sg	for haze advisory