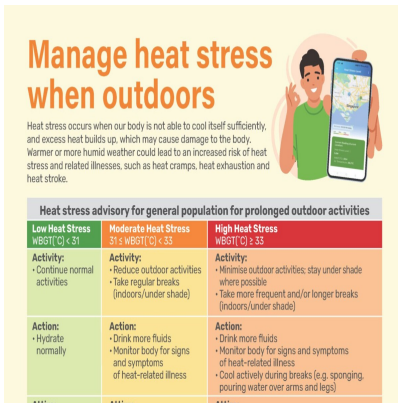




## El Nino 2026: Build a Household Heat and Haze Trigger Plan

### Description

Singapore entered a warmer and drier 2026 period with elevated haze risk. Outdoor activity should use the heat-stress advisory, while next-day haze planning should rely on the 24-hour PSI and accompanying health advice.

This guide is for a Singapore household planning outdoor activity and indoor air precautions during the 2026 dry period. Its job is to set evidence-based heat and haze action triggers, using a two-signal decision table that keeps WBGT and 24-hour PSI in separate columns and a household trigger card naming activity changes, indoor-air steps and symptom escalation rather than a headline or remembered rule.

### Put the steps in order

1. **WBGT is low:** Use normal precautions and hydration.
2. **WBGT is moderate or high:** Reduce intensity, duration and sun exposure.
3. **24-hour PSI health advisory worsens:** Follow the named group-specific advice.
4. **A household member has symptoms:** Stop activity and seek appropriate care.

### Separate heat and haze

[NEA El Nino 2026 outlook](#) states the controlling point used here: NEA reported a high likelihood of El Nino, warmer and drier conditions and greater transboundary haze risk in the second half of 2026. Temperature, WBGT and particulate pollution are different hazards. Track each indicator

If wBGT is low, use normal precautions and hydration. Use “Track each indicator” as the recorded proof step, with the decision date and the version of the document or live page relied on.

### Use WBGT for activity

Humidity, wind and solar radiation matter beyond air temperature. Check close to activity time

For this article's use wbgt for activity check, the working file should show whether Check close to activity time is complete. If it is unresolved, name the responsible person or official service and set the last safe time to close that specific gap.

## Use 24-hour PSI for planning

Short fluctuations do not replace the health advisory. Read the accompanying advice

If 24-hour PSI health advisory worsens, follow the named group-specific advice. Use Read the accompanying advice as the recorded proof step, with the decision date and the version of the document or live page relied on.

## Prepare indoor air

[Meteorological Service Singapore heat stress](#) states the controlling point used here: MSS publishes the WBGT-based heat-stress advisory and activity guidance for prevailing conditions. Filters and rooms need advance testing. Check equipment before an episode

For this article's prepare indoor air check, the working file should show whether Check equipment before an episode is complete. If it is unresolved, name the responsible person or official service and set the last safe time to close that specific gap.

## Name vulnerable people

Age, pregnancy and health conditions can change tolerance. Create individual triggers

If wBGT is low, use normal precautions and hydration. Use Create individual triggers as the recorded proof step, with the decision date and the version of the document or live page relied on.

## Record symptoms

Dizziness, confusion or breathing difficulty need action. Stop and escalate appropriately

For this article's record symptoms check, the working file should show whether Stop and escalate appropriately is complete. If it is unresolved, name the responsible person or official service and set the last safe time to close that specific gap.

## A two-signal decision table that keeps WBGT and 24-hour PSI in separate columns

Start with Separate heat and haze, then test Use WBGT for activity and Use 24-hour PSI for planning. Show the input, the condition applied and the resulting action in separate columns. If a number is

calculated, retain the arithmetic; if a route is selected, retain the branch that ruled out the alternative.

| Input or condition                  | Evidence to keep             | Decision it changes                         |
|-------------------------------------|------------------------------|---------------------------------------------|
| WBGT is low                         | Track each indicator         | Use normal precautions and hydration        |
| WBGT is moderate or high            | Check close to activity time | Reduce intensity, duration and sun exposure |
| 24-hour PSI health advisory worsens | Read the accompanying advice | Follow the named group-specific advice      |

## A household trigger card naming activity changes, indoor-air steps and symptom escalation

Use Prepare indoor air, Name vulnerable people and Record symptoms as the verification pass. Check the live condition, note the time checked and keep the response or document that supports the conclusion. Unknowns remain visible until resolved; they should not be replaced by a guessed price, deadline, eligibility result, service level or operating detail.

## Evidence map for El Nino 2026 Singapore heat haze plan

| Check                        | Record before acting              |
|------------------------------|-----------------------------------|
| Separate heat and haze       | Track each indicator              |
| Use WBGT for activity        | Check close to activity time      |
| Use 24-hour PSI for planning | Read the accompanying advice      |
| Prepare indoor air           | Check equipment before an episode |
| Name vulnerable people       | Create individual triggers        |
| Record symptoms              | Stop and escalate appropriately   |

Use this map to set evidence-based heat and haze action triggers. Date each item, distinguish a live response from an older copy, and keep any unsupported row visibly open.

## Worked example

A family plans a late-afternoon walk with a grandparent. It checks WBGT shortly before leaving and the 24-hour PSI for health guidance. A high heat-stress level cancels the long route even if PSI is acceptable; worsening haze advice changes the indoor-air plan separately.

This example demonstrates a two-signal decision table that keeps WBGT and 24-hour PSI in separate columns. It is not a guarantee: change one material input at a time and recheck the current NEA El Nino 2026 outlook page before relying on the result.

## Before you commit

1. Use normal precautions and hydration.
2. Reduce intensity, duration and sun exposure.
3. Follow the named group-specific advice.
4. Stop activity and seek appropriate care.
5. Save the date and evidence used for every material condition.
6. Stop and ask the controlling authority, operator or qualified professional if a disputed fact changes the outcome.

Name the person, present condition, service route, time sensitivity and proof of contact. Public-service help is easier to follow when the next safe step is visible and unknown eligibility is not converted into a promise.

## Limits

Forecasts and individual health risks change. Follow current NEA, MSS and medical guidance rather than a saved screenshot.

For an adjacent live guide, see [Need Urgent Relief? Use the ComCare Interim Assistance Route](#). If the next decision shifts to a second practical issue, [Budget 2026 Support: Match the Calendar to Your Household](#) provides the relevant progression without duplicating this primary intent.

### Date Created

19/08/2026

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