

Exercising in the haze: HealthHubâ??s PM2.5 bands and PSI rules for outdoor training

Description

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When the air turns hazy, the training call is not a vibe check. HealthHubâ??s haze guide, last reviewed on 27 October 2026, splits the decision into two clocks: the 1-hour PM2.5 reading for what you do in the next hour, and the PSI forecast for the next day.



Singapore under haze. Photo: HealthHub

Next hour: read 1-hour PM2.5

MSE and MOHâ??s personal guide uses four bands.

Band 1 (Normal, 0 to 55 Âµg/mÂ³): continue with normal activities.

Band 2 (56 to 150 Âµg/mÂ³): healthy persons reduce strenuous outdoor activity for the next hour; vulnerable persons avoid strenuous outdoor activity for the next hour.

Band 3 (High, 151 to 250 Âµg/mÂ³): healthy persons avoid strenuous outdoor activity for the next hour; vulnerable persons avoid all outdoor activity for the next hour and may wear a mask to cut exposure.

Band 4 (Very High, 251 Âµg/mÂ³ and above): healthy persons minimise all outdoor activity for the next hour and may wear a mask; vulnerable persons avoid all outdoor activity for the next hour and may wear a mask.



Mask guidance in HealthHubâ??s haze advisory for high PM2.5 bands. Photo: HealthHub

Vulnerable persons on the page include the elderly, pregnant women, children and people with chronic heart or lung disease. The guide is not a prescription; short-term throat or eye irritation in the general population is expected to ease after leaving the exposure.

Next day: read the PSI forecast

For sessions that last several hours, HealthHub points to the PSI forecast and its health advisory.

PSI 0 to 50 is Good and 51 to 100 is Moderate: normal activities for healthy persons, older adults, pregnant women, children and those with chronic lung or heart disease.

PSI 101 to 200 (Unhealthy): healthy persons reduce prolonged or strenuous outdoor physical exertion; older adults, pregnant women and children minimise it; persons with chronic lung or heart disease avoid it.



Air-quality monitoring equipment, from HealthHubâ??s haze guide. Photo: HealthHub

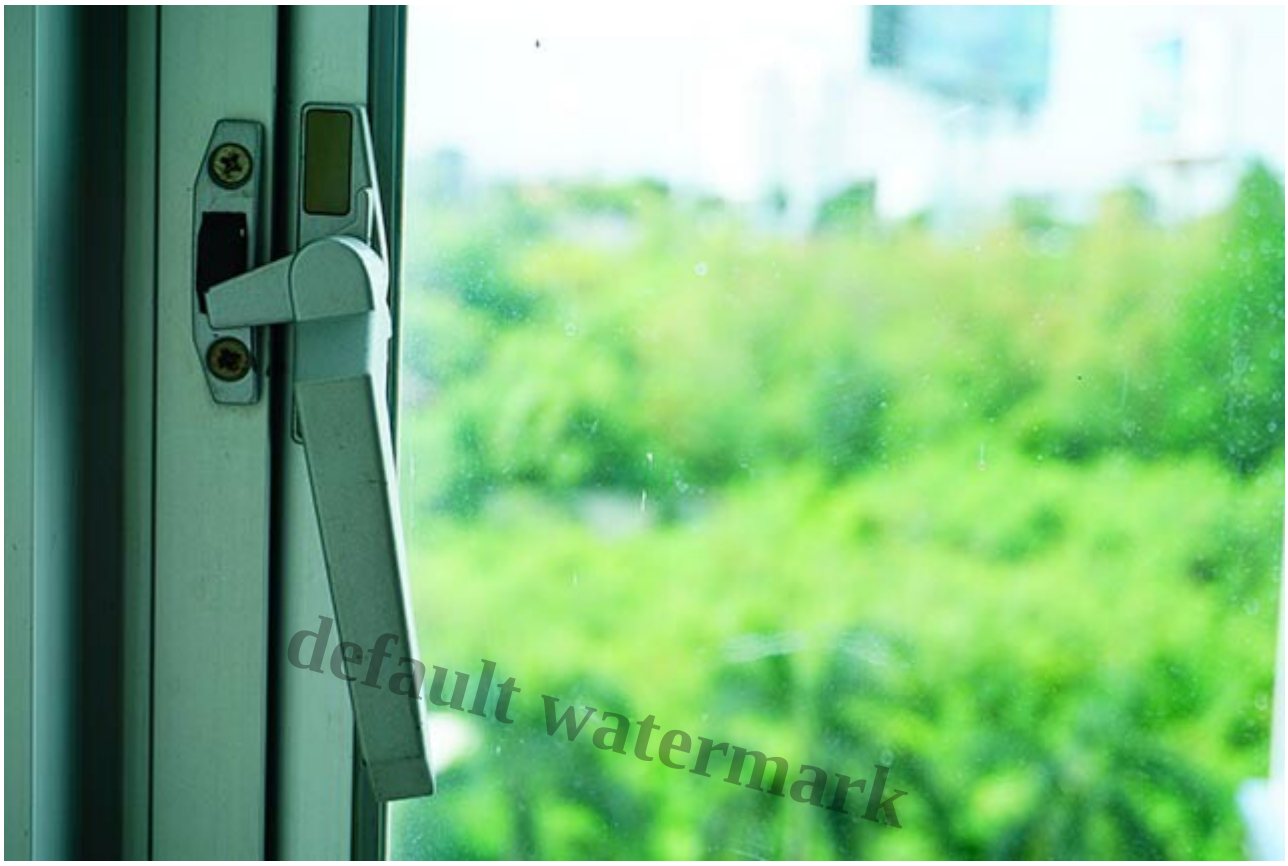
PSI 201 to 300 (Very Unhealthy): healthy persons avoid prolonged or strenuous outdoor exertion; older adults, pregnant women and children minimise outdoor activity; those with chronic lung or heart disease avoid outdoor activity.

Above 300 (Hazardous): healthy persons minimise outdoor activity; the other groups avoid it.

On the same page, â??prolongedâ?• means continuous exposure for several hours, â??strenuousâ?• means a lot of energy or effort, â??reduceâ?• means do less, â??minimiseâ?• means do as little as possible, and â??avoidâ?• means do not do it.

Practical rules for a run or ride

For healthy people, short-term haze over a few days generally causes no major health issues beyond eye, nose and throat irritation. Unless the 1-hour PM2.5 reading is in Band 4 or the PSI forecast is hazardous, HealthHub says it is generally safe for healthy people to carry on with outdoor activities, at reduced intensity or duration. Drink plenty of water if you stay outdoors. N95 masks (or equivalent) are not needed for commuting between home and school or work, and they are not needed indoors.



HealthHub advises closing windows when outdoor air quality worsens. Photo: HealthHub

Live 1-hour PM2.5 and PSI forecast readings are on NEAâ??s myENV app, the haze microsite at haze.gov.sg, and NEAâ??s site and social channels. Anyone who feels unwell, especially in the vulnerable groups, should seek medical attention.

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