Three regions in unhealthy haze band as central 24-hour PSI hits 128

Description

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Singaporeâ??s **central 24-hour PSI** reached **128** at 7am on Sunday, 27 September 2026, with the east and west also in the unhealthy band at 115 and 106, readings from the National Environment Agency (NEA) showed.

How to plan your outdoor activities during haze

For immediate outdoor activities

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

The 1-hour $PM_{2.5}$ concentration indicates the current air quality. When planning activities within the next few hours, public are advised to refer to the latest 1-hr $PM_{2.5}$ readings before proceeding.

BAND 1 (NORMAL) (0 - 55 µg/m³)	BAND 2 (ELEVATED) (56 - 150 µg/m³)	BAND 3 (HIGH) (151 - 250 µg/m³)	BAND 4 (VERY HIGH) (≥251 µg/m³)
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

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^ 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+ and the corresponding health advisory should be used when planning for next day outdoor activities.

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

+ Available when air quality is in the Unhealthy range.

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.

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

June 2026

National Environment Agency

The unhealthy 24-hour PSI band runs from 101 to 200. Image: National Environment Agency

The central reading was 119 at midnight, after first entering the unhealthy range at 8pm on Saturday, when it hit 104. The east entered the unhealthy band at midnight and the west at 1am. The north was at 89 and the south at 95, both in the moderate range. The unhealthy band covers 101 to 200 on the Pollutant Standards Index.

The 24-hour PSI is based on the highest sub-index among six pollutants over the past day and underpins NEAâ??s health advisory. The one-hour PM2.5 reading shows the fine-particle level at a single hour and can move faster than the PSI.

NEAâ??s Saturday evening update forecast the 24-hour PSI in the moderate to low unhealthy range for Sunday. When air quality is unhealthy, healthy people should reduce prolonged or strenuous outdoor physical exertion. The elderly, pregnant women and children should minimise such activity, and people with chronic lung or heart disease should avoid it.

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Smoke haze from fires in Kalimantan drifted towards Singapore on Saturday. Some showers are forecast over Singapore and parts of the surrounding region on Sunday, but dry conditions are expected to continue over southern Sumatra and the southern and eastern parts of Kalimantan. With prevailing winds forecast from the southeast or southwest, there remains a risk of smoke haze affecting Singapore.

Date Created
27/09/2026
Author
claratan