Haze: all five regions hit unhealthy PSI on 15 September; Central peaked at 154

Description

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For the first time since September 2019, all five regions of Singapore recorded unhealthy 24-hour PSI readings on Tuesday morning, 15 September 2026, with Central peaking at **154** at 6am, according to Channel NewsAsiaâ??s tally of the National Environment Agency figures.

North joined the unhealthy band at 104 at 6am. East and West stood at 128. South was at 111. By 1pm, North and South had slipped back into the moderate range at 95 and 99, while Central remained highest at 139, followed by West at 119 and East at 117.

Where the smoke is coming from

NEAâ??s haze advisory on Monday pointed to moderate to dense smoke plumes from fires in Kalimantan, with some haze also drifting from southern Sumatra after winds shifted to blow from the east-southeast.

On haze.gov.sg, the Meteorological Service Singapore update late on 15 September still listed scattered to widespread hotspots across Kalimantan, Sulawesi and parts of Sumatra, with moderate to dense transboundary haze observed over Singapore and neighbouring areas. Dry conditions were forecast to continue over much of the southern ASEAN region, apart from showers over northern Peninsular Malaysia and parts of Borneo and Sumatra.

What unhealthy means for a workday

NEA classifies 24-hour PSI 101 to 200 as unhealthy. The standing advice is to reduce prolonged or strenuous outdoor activity, especially for children, older adults and people with heart or lung conditions. Very unhealthy begins at 201.

The Football Association of Singapore has introduced two hydration breaks of up to three minutes in every SPL and SPL2 match while the haze persists. Matches may be delayed, suspended or postponed if the areaâ??s 24-hour PSI exceeds 200, with published kickoff and finish windows of

9.30pm and 11.30pm. SportSGâ??s outdoor-activity guidance uses the same 200 threshold for suspension.

Some employers have already shifted outdoor work and outdoor PE under their own haze plans as readings climbed. NEAâ??s outlook for the coming days kept the 24-hour PSI in the high-moderate to mid-unhealthy range while southeast to east-southeast winds continue to feed smoke toward Singapore.

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