Haze guide for Singapore: todayâ??s PSI, PM2.5 bands and what to do outdoors

Description

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Singaporeâ??s haze has not cleared on Wednesday, 30 September 2026, with 24-hour PSI in the Unhealthy band in four of five regions on NEA readings at 7am, and 1-hour PM2.5 Elevated in four regions.

How to plan your outdoo 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 pl activities within the next few hours, public are advised to refer to the lat $PM_{2.5}$ readings before proceeding.

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BAND 1 (NORMAL) (0 - 55 µg/m³)	BAND 2 (ELEVATED) (56 - 150 µg/m³)	BAND 3 (HIGH) (151 - 250 µg/m³)	BAND 4 (VE (≥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 activ for the next hou **Vulnerable per – AVOID** all outd for the next hou

^ This guide is not intended to be prescriptive. For the general population, symptoms that may arise from short-term exposu 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 when planning for next day outdoor activities.

24-HOUR PSI FORECAST	GOOD (0 - 50)	MODERATE (51 - 100)	UNHEALTHY (101 - 200)	VERY UNHEALTHY (201 - 300)	HA (>3
Healthy Persons	**Normal activities**	**Normal activities**	**REDUCE** prolonged or strenuous outdoor physical exertion	**AVOID** prolonged or strenuous outdoor physical exertion	**MIN** outd
Elderly, Pregnant Woman, Children	**Normal activities**	**Normal activities**	**MINIMISE** prolonged or strenuous outdoor physical exertion	**MINIMISE** outdoor activity	**AVO** outd
Persons with Chronic Lung Disease, Heart Disease	**Normal activities**	**Normal activities**	**AVOID** prolonged or strenuous outdoor physical exertion	**AVOID** outdoor activity	**AVO** outd

+ 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 out 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 f **STRENUOUS** (involving a lot of energy or effort)

Current air quality readings and more information are available at **www.haze.gov.sg**.

NEA haze health advisory guide for 24-hour PSI and 1-hour PM2.5 bands. Image: National Environment Agency / haze.gov.sg

Latest PSI and PM2.5

At 7am, the 24-hour PSI was 97 in the north (Moderate), 112 in the south, 118 in the east and 119 in the west and central regions. Readings of 101 to 200 are in the Unhealthy band on NEAâ??s scale.

One-hour PM2.5 was in Band 1 Normal in the north (55 Âµg/mÂ³), and in Band 2 Elevated in the south (59), the central region (63), the east (68) and the west (70). Twenty-four-hour PM2.5 ranged from 53 in the north to 73 in the west and central regions.

What the bands mean outdoors

Use the 1-hour PM2.5 reading for activities in the next few hours, and the 24-hour PSI forecast and health advisory for the next dayâ??s plans.

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At Good or Moderate 24-hour PSI (up to 100), everyone can carry on with normal activities. At Unhealthy 24-hour PSI (101 to 200), healthy people should reduce prolonged or strenuous outdoor physical exertion. The elderly, pregnant women and children should minimise it, and people with chronic lung or heart disease should avoid it.

If the 24-hour PSI reaches Very Unhealthy (201 to 300), healthy people should avoid prolonged or strenuous outdoor physical exertion, the elderly, pregnant women and children should minimise outdoor activity, and people with chronic lung or heart disease should avoid outdoor activity. Above 300, in the Hazardous range, healthy people should minimise outdoor activity and everyone else should avoid it.

For immediate outdoor activities, NEAâ??s 1-hour PM2.5 advice is:

- Band 1 (Normal, 0 to 55 Âµg/mÂ³): Continue with normal activities.
- Band 2 (Elevated, 56 to 150 Âµg/mÂ³): Reduce strenuous outdoor activity for the next hour. Vulnerable persons: Avoid strenuous outdoor activity for the next hour.

Vulnerable persons include the elderly, pregnant women, children, and persons with chronic lung disease or heart disease.

Masks and other precautions

N95 masks are not needed for short-term exposure, like commuting from home to school or work, and are also not needed indoors. Healthy people who need to be outdoors for several hours when the PSI is Hazardous (above 300) may reduce exposure by wearing an N95 mask with a good fit. The elderly, pregnant women and people with severe lung or heart problems should consult their doctor on whether to use one if they have to be outdoors for several hours.

MOH advises drinking plenty of water, and people with chronic heart or lung conditions should keep their medication on hand. Anyone feeling unwell, especially the elderly and children, should seek

medical advice.

Haze outlook

Moderate transboundary smoke haze was still over Singapore on Tuesday evening (NEA update, 5.13pm, 29 September), with dry conditions across the southern ASEAN region and winds from the east and southeast.

Dry weather is expected over many parts of the southern ASEAN region in the coming days, with a continued risk of transboundary haze.

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