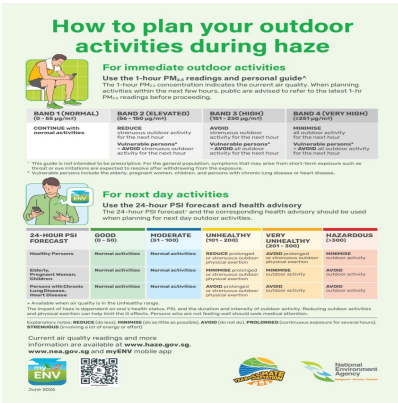




Haze guide for Singapore: today's PSI, PM2.5 bands and what to do outdoors

Description

Singapore'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 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 outdoor activities within the next few hours, public are advised to refer to the latest PM_{2.5} readings before proceeding.

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

[^] This guide is not intended to be prescriptive. For the general population, symptoms that may arise from short-term exposure to haze, 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 (≥301)
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 activity 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 a long period), **STRENUOUS** (involving a lot of energy or effort)

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 NEA's scale.

One-hour PM2.5 was in Band 1 Normal in the north ($55 \mu\text{g}/\text{m}^3$), 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 day's plans.

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, NEA's 1-hour PM2.5 advice is:

- Band 1 (Normal, 0 to $55 \mu\text{g}/\text{m}^3$): Continue with normal activities.
- Band 2 (Elevated, 56 to $150 \mu\text{g}/\text{m}^3$): 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.

Date Created

30/09/2026

Author

claratan

default watermark