



Singapore Haze May 2026: PSI Levels, N95 Mask Buys And Health Advisory For Vulnerable Groups

Description

Singapore haze May 2026 is here earlier than expected, with the National Environment Agency reporting unhealthy-for-sensitive-groups readings on Sunday, 24 May 2026. If you smelled that familiar burning-paper tang in the air over the weekend, you were not imagining things and yes, you should swap the morning run for indoor yoga while this lasts.

This is your no-panic, what-actually-matters guide to the Singapore haze May 2026 situation. Skip the WhatsApp forwards from your aunty and stick with the official PSI numbers, who should be careful, and where to grab masks before they sell out.

Singapore Haze May 2026: Current PSI And PM2.5 Levels

The Pollutant Standards Index (PSI) is the headline number to watch. Anything above 100 crosses into unhealthy territory and triggers HPB and MOH health advisories. PM2.5 the ultra-fine particles that lodge deep in your lungs is the secondary number to track for vulnerable groups.

- **0-50 PSI:** Good no precautions needed
- **51-100 PSI:** Moderate normal activities OK
- **101-200 PSI:** Unhealthy reduce prolonged outdoor exertion, vulnerable groups should stay indoors
- **201-300 PSI:** Very Unhealthy avoid prolonged outdoor activity; everyone should minimise outdoor exertion
- **Above 300:** Hazardous stay indoors with air purifiers running

Check the latest 24-hour PSI and 1-hour PM2.5 readings on the NEA haze portal (haze.gov.sg) or the myENV mobile app. Both refresh hourly during haze events.

Who Needs To Be Most Careful

The healthy adult majority can carry on with light activities, but vulnerable groups should treat the Singapore haze May 2026 advisory seriously. Even moderate PSI levels can trigger asthma flare-ups and irritate sensitive airways.

- **Children under 12:** Their lungs are still developing â?? keep indoor recess or supervised play indoors
- **Older adults (65+):** Reduced lung capacity makes haze hit harder
- **Pregnant women:** Higher PM2.5 exposure has been linked to lower birth weights
- **Asthma, COPD, heart conditions:** Keep inhalers and medication on you at all times
- **Outdoor workers:** Construction crews, delivery riders and security personnel should request N95s from employers

What To Do This Week

Singapore haze May 2026 typically peaks in the afternoon when wind patterns push trans-boundary smoke from regional fires across the Straits. Plan high-exertion activities for early morning or after sunset when PSI usually dips.

- Move workouts indoors â?? gyms, climbing walls, and air-conditioned malls work
- Drink more water than usual (around 2.5 to 3 litres for adults) to help flush irritants
- Use a HEPA air purifier at home if you have one â?? focus on bedrooms first
- Keep windows shut between 11am and 4pm when haze is typically worst
- Wear N95 or KF94 masks outdoors if PSI exceeds 100 â?? surgical masks alone are not enough
- See a doctor if you experience persistent coughing, chest tightness, or breathing difficulty

Where To Buy N95 Masks Quickly

If you raided the family stash during the last episode and never restocked, you are not alone. N95 and KF94 masks are widely available in Singapore but tend to disappear from shelves within 48 hours of a haze advisory.

- **Guardian and Watsons:** Most convenient â?? boxes of 3M Aura N95 and 3M VFlex N95 are usually in stock
- **FairPrice and Cold Storage:** Look in the personal care aisle, often near the plasters
- **Mustafa Centre:** Open 24/7, traditionally the last place to sell out
- **Polyclinics:** Free N95 distribution may activate if PSI exceeds 200 â?? watch HPB announcements
- **Online:** Shopee, Lazada and Amazon SG â?? check seller ratings and 3M certification before checkout

Staying Updated

The cleanest, most accurate Singapore haze May 2026 information comes from official channels. Forwarded WhatsApp messages claiming PSI 500 readings or specific government advisories should be checked against the source.

- **NEA myENV app:** Hourly PSI, PM2.5, and 24-hour forecast
- **haze.gov.sg:** Satellite hotspot imagery and health advisories
- **HealthHub.sg:** Health protection tips by group
- **MOH announcements:** Triggered if PSI breaches sustained unhealthy levels

Stay safe, lah. Singapore haze May 2026 will pass, but the muscle memory of "where did I put the air purifier filter" is worth building now. Check the PSI before stepping out, swap intense outdoor sessions for indoor alternatives, and look out for the elderly and the kids.

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