



Central PSI still unhealthy at 102 on Sunday morning as haze lingers

Description

[The National Environment Agency](#)’s 24-hour PSI for central Singapore was 102 at 6am on Sunday, 4 October 2026, in the unhealthy range, after sitting between 101 and 105 from 11am to 10pm on Saturday.

# How to plan your outdoor activities during haze



## For immediate outdoor activities

### Use the 1-hour PM<sub>2.5</sub> readings and personal guide<sup>^</sup>

The 1-hour PM<sub>2.5</sub> concentration indicates the current air quality. When planning outdoor activities within the next few hours, public are advised to refer to the latest PM<sub>2.5</sub> readings before proceeding.

| BAND 1 (NORMAL)<br>(0 - 55 µg/m <sup>3</sup> ) | BAND 2 (ELEVATED)<br>(56 - 150 µg/m <sup>3</sup> )                                                                                                      | BAND 3 (HIGH)<br>(151 - 250 µg/m <sup>3</sup> )                                                                                                  | BAND 4 (VERY HIGH)<br>(≥251 µg/m <sup>3</sup> )                                                                                               |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CONTINUE</b> with normal activities         | <b>REDUCE</b> strenuous outdoor activity for the next hour<br><b>Vulnerable persons*</b><br>- <b>AVOID</b> strenuous outdoor activity for the next hour | <b>AVOID</b> strenuous outdoor activity for the next hour<br><b>Vulnerable persons*</b><br>- <b>AVOID</b> all outdoor activity for the next hour | <b>MINIMISE</b> all outdoor activity for the next hour<br><b>Vulnerable persons*</b><br>- <b>AVOID</b> all outdoor activity for the next hour |

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

| 24-HOUR PSI FORECAST                             | GOOD<br>(0 - 50)  | MODERATE<br>(51 - 100) | UNHEALTHY<br>(101 - 200)                                         | VERY UNHEALTHY<br>(201 - 300)                                 | HAZARDOUS<br>(≥301)              |
|--------------------------------------------------|-------------------|------------------------|------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------|
| Healthy Persons                                  | Normal activities | Normal activities      | <b>REDUCE</b> prolonged or strenuous outdoor physical exertion   | <b>AVOID</b> prolonged or strenuous outdoor physical exertion | <b>MINIMISE</b> outdoor activity |
| Elderly, Pregnant Woman, Children                | Normal activities | Normal activities      | <b>MINIMISE</b> prolonged or strenuous outdoor physical exertion | <b>MINIMISE</b> outdoor activity                              | <b>AVOID</b> outdoor activity    |
| Persons with Chronic Lung Disease, Heart Disease | Normal activities | Normal activities      | <b>AVOID</b> prolonged or strenuous outdoor physical exertion    | <b>AVOID</b> outdoor activity                                 | <b>AVOID</b> outdoor activity    |

<sup>+</sup> 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 one-hour PM2.5 bands. Photo:  
National Environment Agency

Elsewhere at 6am, readings were 91 in the east, 87 in the west, 82 in the south and 77 in the north. One-hour PM2.5 readings at 6am were between 28 and 50  $\mu\text{g}/\text{m}^3$ , in the normal band across all five regions.

At 5pm on Saturday, the 24-hour PSI ranged from 79 to 104 across the island, and one-hour PM2.5 concentrations were between 30 and 56  $\mu\text{g}/\text{m}^3$ , straddling the normal and elevated bands.

## What is driving the haze

Moderate to dense smoke plumes from southern Sumatra were drifting towards Singapore and the surrounding region on Saturday, 3 October, and smoke haze from fires in Kalimantan was also observed.

Across the region, moderate transboundary smoke haze covered parts of Peninsular Malaysia, Singapore and southern and central Sumatra on Saturday, while moderate to dense plumes hung over many parts of Kalimantan and Sarawak. Thick smoke haze and cloud cover hid the full extent of the hotspots. The [ASEAN Specialised Meteorological Centre](#) expects strong El Niño conditions and below-normal rainfall over much of the region from September to November, which raises the risk of prolonged dry spells and transboundary haze. More showers as the Southwest Monsoon gives way to the inter-monsoon period in October could bring some relief.

## Sunday forecast and health advisory

NEA's 5pm update on Saturday forecast Sunday's 24-hour PSI in the **high-moderate to low-unhealthy** range. Dry weather is expected to persist over Singapore and the surrounding region, and the prevailing southeasterly or southwesterly winds are expected to strengthen, so smoke haze remains a risk.

Under [NEA's health advisory](#), a 24-hour PSI in the unhealthy band of 101 to 200 means 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. At moderate levels of 51 to 100, all groups can carry on as normal. For activities in the next hour, the advisory goes by the one-hour PM2.5 reading instead: activity is normal in Band 1 (up to 55  $\mu\text{g}/\text{m}^3$ ), while in Band 2 (56 to 150  $\mu\text{g}/\text{m}^3$ ) healthy people should cut down on strenuous outdoor activity for the next hour and the elderly, pregnant women, children and people with chronic lung or heart disease should avoid it.

### Date Created

04/10/2026

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