



Haze lifts central PSI to 129 as Singapore heads into race week

Description

Haze pushed Singapore’s air into the unhealthy range in four of five regions early on Tuesday, 6 October, with the 24-hour PSI at 129 in the central region at 7am. The [National Environment Agency](#) expects the 24-hour PSI to stay between high moderate and mid unhealthy, in the week of the Singapore Grand Prix.

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 more than 1 hour), **STRENUOUS** (involving a lot of energy or effort)

Image: National Environment Agency

Readings across the island

At 7am on Tuesday (6 October), the 24-hour PSI was:

- Central: 129 (unhealthy)
- West: 116 (unhealthy)
- East: 112 (unhealthy)
- North: 107 (unhealthy)
- South: 95 (moderate)

The PSI's unhealthy band runs from 101 to 200, so only the south was still in the moderate range.

The 1-hour PM_{2.5} readings, which NEA uses as the guide for what to do in the next hour, were 57 $\mu\text{g}/\text{m}^3$ in the central region, 44 in the west, 54 in the east, 47 in the north and 36 in the south. Readings above 55 $\mu\text{g}/\text{m}^3$ fall in Band 2, Elevated, which applied in the central region at that hour; the west, east, north and south were in Band 1, Normal.

Why the haze has come back

On Monday evening, moderate to dense smoke plumes from southern Sumatra were drifting towards Singapore, with smoke haze also coming from fires in Kalimantan. At 7pm on Monday the 1-hour PM_{2.5} readings had reached 72 to 109 $\mu\text{g}/\text{m}^3$, in Band 2, and the 24-hour PSI was 97 to 124.

Dry weather is expected to continue over southern Sumatra and Kalimantan. With winds forecast to blow from the southeast or east-southeast, smoke haze could keep drifting this way.

What NEA advises at these levels

When the 24-hour PSI is in the unhealthy range:

- Healthy people should reduce prolonged or strenuous outdoor physical exertion.
- The elderly, pregnant women and children should minimise it.
- People with chronic lung or heart disease should avoid it.

The 1-hour PM_{2.5} bands work over a shorter window. At Band 2 (56 to 150 $\mu\text{g}/\text{m}^3$), healthy people should reduce strenuous outdoor activity for the next hour, and the elderly, pregnant women, children and people with chronic lung or heart disease should avoid it. At Band 1 (0 to 55), normal activities can carry on.

NEA's rule of thumb is to use the 1-hour PM_{2.5} reading for anything happening now, and the 24-hour PSI forecast for plans the next day.

Race week outdoors

Several of this week's Grand Prix events are in the open air. Ray-Ban's Beyond the Track pop-up is at Fountain Square in Clarke Quay until 14 October, and the Orchard Paddock runs at Ngee Ann City Civic Plaza from Thursday to Saturday, 8 to 10 October.

The race itself runs on the Marina Bay Street Circuit around Marina Centre and the Padang from Friday to Sunday, 9 to 11 October, with road closures in the area from 12.01am on Wednesday.

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