

How to plan your outdoor activities during haze

For immediate outdoor activities

Use the 1-hour PM₁₀ readings and personal guide^a

The 1-hour PM₁₀ concentration indicates the current air quality. When planning activities within the next few hours, public are advised to refer to the latest 1-hr PM₁₀ readings before proceeding.

BAND 1 (NORMAL) 01 - 50 µg/m³	BAND 2 (ELEVATED) 51 - 100 µg/m³	BAND 3 (HIGH) 101 - 250 µg/m³	BAND 4 (VERY HIGH) 251 µg/m³ and above
CONTINUE with normal activities	REDUCE outdoor activity for the next hour "Vulnerable persons" ^b should reduce outdoor activity for the next hour	AVOID outdoor activity for the next hour "Vulnerable persons" ^b should avoid outdoor activity for the next hour	MINIMIZE outdoor activity for the next hour "Vulnerable persons" ^b should avoid outdoor activity for the next hour

^a This guide is not intended to be prescriptive, but to provide information, suggestions that may allow both short-term exposure such as for a short-term event, and long-term exposure, such as for a long-term event, to be managed.

^b Vulnerable persons include the elderly, pregnant women, children, and people 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^a and the corresponding health advisory should be used when planning for next day outdoor activities.

24-HOUR PSI FORECAST	GOOD (01 - 50)	MODERATE (51 - 100)	UNHEALTHY (101 - 150)	VERY UNHEALTHY (151 - 200)	HAZARDOUS (201 and above)
Healthy Person	Normal activities	Normal activities	REDUCE prolonged or strenuous outdoor activity	AVOID prolonged or strenuous outdoor activity	MINIMIZE outdoor activity
Elderly	Normal activities	Normal activities	REDUCE prolonged or strenuous outdoor activity	AVOID prolonged or strenuous outdoor activity	AVOID outdoor activity
Children	Normal activities	Normal activities	REDUCE prolonged or strenuous outdoor activity	AVOID prolonged or strenuous outdoor activity	AVOID outdoor activity
Pregnant Women	Normal activities	Normal activities	REDUCE prolonged or strenuous outdoor activity	AVOID prolonged or strenuous outdoor activity	AVOID outdoor activity
Vulnerable Persons	Normal activities	Normal activities	REDUCE prolonged or strenuous outdoor activity	AVOID prolonged or strenuous outdoor activity	AVOID outdoor activity

^a Forecasts when an advisory is in the unhealthy range.

The degree of haze is measured on a very hazy (above 100) and the duration and intensity of outdoor activity, including outdoor activities and physical activities can help limit the effects. Persons who are not feeling well should seek medical attention.

Information on haze is available at www.mea.gov.sg and www.haze.gov.sg.

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Central PSI stays unhealthy for a third day at 129 on 7 October

Description

Haze kept the central region's 24-hour PSI in the unhealthy range for a third straight day on Wednesday, 7 October, with a reading of 129 at 5am, according to the [National Environment Agency](#). The east and the west were also above 100, while the north and the south slipped back into the moderate band.

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 all outdoor activity
Elderly, Pregnant Woman, Children	Normal activities	Normal activities	MINIMISE prolonged or strenuous outdoor physical exertion	MINIMISE outdoor activity	AVOID all outdoor activity
Persons with Chronic Lung Disease, Heart Disease	Normal activities	Normal activities	AVOID prolonged or strenuous outdoor physical exertion	AVOID outdoor activity	AVOID all 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 activities 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)

Photo: National Environment Agency

Central readings dipped in and out of the unhealthy range over the weekend, then stayed above 100 without a break from 1am on Monday, 5 October. Through Tuesday they held between 128 and 136.

Readings across the island

At 5am on Wednesday, the 24-hour PSI was:

- Central: 129
- East: 118
- West: 114
- North: 99
- South: 96

On Tuesday, all five regions were in the unhealthy range from noon to 7pm.

The 1-hour PM_{2.5} readings, which NEA uses as the guide for the next few hours, were 74 $\mu\text{g}/\text{m}^3$ in the central region, 87 in the west, 63 in the east, 51 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, west and east regions at that hour; the north and south were in Band 1, Normal.

What NEA expects

NEA's 24-hour PSI forecast is high moderate to unhealthy. In its update on Tuesday evening, it said moderate transboundary smoke haze covered parts of Peninsular Malaysia, Singapore, Kalimantan, Sarawak and southern and central Sumatra, with moderate to dense smoke plumes rising from hotspot clusters in large parts of Kalimantan and central and southern Sumatra.

Winds over the southern ASEAN region are forecast to blow from the southeast to the south in the coming days. Showers are expected over northern and central Sumatra, Peninsular Malaysia and northern Borneo, which may help there, but dry weather elsewhere keeps the risk of transboundary haze.

NEA's advice, band by band

NEA uses the 24-hour PSI forecast for next-day plans. Its advice changes at each band:

- Good (0 to 50) and moderate (51 to 100): normal activities for everyone.
- Unhealthy (101 to 200): healthy people should reduce prolonged or strenuous outdoor exertion; the elderly, pregnant women and children should minimise it; people with chronic lung or heart disease should avoid it.
- Very unhealthy (201 to 300): healthy people should avoid prolonged or strenuous outdoor exertion; the elderly, pregnant women and children should minimise outdoor activity; people with chronic lung or heart disease should avoid outdoor activity.

- Hazardous (above 300): healthy people should minimise outdoor activity, and everyone else should avoid it.

For activities in the next hour, NEA points to the 1-hour PM2.5 band instead. At Band 2 (56 to 150 $\mu\text{g}/\text{m}^3$), healthy people should reduce strenuous outdoor activity and vulnerable groups should avoid it. At Band 3 (151 to 250), healthy people should avoid strenuous outdoor activity and vulnerable groups should avoid all outdoor activity. At Band 4 (251 and above), everyone should minimise or avoid being outdoors.

Race nights outdoors

The Singapore Grand Prix runs on the Marina Bay Street Circuit from Friday to Sunday, 9 to 11 October, with sessions on all three days running into the evening, in the open air.

Under NEA's guide, a spectator would check the 24-hour PSI forecast the day before and the 1-hour PM2.5 band shortly before heading out. NEA says symptoms from short-term exposure, such as throat or eye irritation, are expected to ease after leaving the haze, and anyone who feels unwell should seek medical attention.

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