



West PSI rises to 161 as NEA keeps haze forecast unhealthy into F1 weekend

Description

The 24-hour PSI in western Singapore rose to 161 at 6am on Thursday, 8 October, the highest of the five regions, as the [National Environment Agency](#) (NEA) kept its 24-hour PSI forecast in the unhealthy range heading into the Formula 1 weekend. All five regions were above 100, from the north at 113 to the west at 161.

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)

Photo: National Environment Agency

At 6pm on Wednesday, the range was 105 to 140. Since then, the 24-hour PSI has climbed in the west, central, north and south regions, while the 1-hour PM2.5 readings that NEA uses for decisions about the next hour moved the other way overnight.

Two readings, two questions

NEA publishes two numbers, and it uses them for different decisions. The 24-hour PSI is an average of pollutant levels over the past 24 hours. NEA's advice is to use the 24-hour PSI forecast to plan outdoor activities for the next day. The 1-hour PM2.5 concentration covers only the latest hour, and NEA's personal guide uses it for decisions about going out now.

The gap between the two showed overnight. At 6am, the 1-hour PM2.5 readings were 61 $\mu\text{g}/\text{m}^3$ in the central region, 76 in the west, 40 in the north, 44 in the south and 41 in the east. That put the north, south and east back in Band 1, Normal, while the central and west were still in Band 2, Elevated.

The 24-hour PSI did not follow, because it still carried Wednesday afternoon's smoke. At 4pm on Wednesday, the 1-hour PM2.5 reading in the west reached 152 $\mu\text{g}/\text{m}^3$, in Band 3, High. NEA says the 1-hour figure can be volatile and tends to swing over the day in transboundary haze.

The forecast into the weekend

NEA's forecast for Singapore's 24-hour PSI is in the unhealthy range. In its update on Wednesday evening, NEA said moderate to dense smoke plumes from southern Sumatra had drifted towards Singapore, and smoke haze from hotspots in Kalimantan had also been observed.

Dry conditions are expected to continue over central and southern Sumatra and many parts of Kalimantan. Under southeasterly to southerly winds, smoke from those areas may keep drifting towards Singapore. NEA's outlook for the next few days is for dry weather over most of the southern ASEAN region, with the hotspot and haze situation likely to stay escalated and a continued risk of transboundary haze.

What NEA advises at each level

For next-day plans, the advice follows the 24-hour PSI band:

- 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.

For the next hour, the advice follows the 1-hour PM2.5 band. At Band 1, Normal (0 to 55 $\mu\text{g}/\text{m}^3$), activities carry on as usual. At Band 2, Elevated (56 to 150), healthy people should reduce strenuous outdoor activity and vulnerable groups should avoid it. At Band 3, High (151 to 250), healthy people should avoid strenuous outdoor activity and vulnerable groups should avoid all outdoor activity.

Schools take their own measures at each PSI level, which we explain in our [MOE haze guide](#).

Race nights in the open air

NEA says the health impact of haze depends on a person's health, the PSI level, and how long and how hard someone is active outdoors.

The Singapore Grand Prix runs on the Marina Bay Street Circuit from Friday to Sunday, 9 to 11 October, with sessions into the night on all three days. Under NEA's guide, a spectator would use Thursday evening's 24-hour PSI forecast to plan Friday, then check the 1-hour PM2.5 band on [haze.gov.sg](#) or the myENV app before heading out.

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