# How to Plan Your Outdoor Activities During Haze

## For Immediate Outdoor Activities

**Use the 1-hour PM$_{2.5}$ readings and personal guide**

During the haze season, the 1-hour PM$_{2.5}$ concentration indicates the current air quality. Use this to decide on immediate activities such as going for a jog. When planning activities within the same day, members of the public are advised to closely monitor the 1-hr PM$_{2.5}$ readings and check the latest readings before proceeding.

<table>
<thead>
<tr>
<th>Band</th>
<th>PM$_{2.5}$ Concentration</th>
<th>Advice for Healthy Persons</th>
<th>Advice for Vulnerable Persons*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(0 - 55 µg/m$^3$)</td>
<td>CONTINUE with normal activities</td>
<td>– AVOID strenuous outdoor activity for the next hour</td>
</tr>
<tr>
<td>2</td>
<td>(56 - 150 µg/m$^3$)</td>
<td>REDUCE strenuous outdoor activity for the next hour</td>
<td>– AVOID strenuous outdoor activity for the next hour</td>
</tr>
<tr>
<td>3</td>
<td>(151 - 250 µg/m$^3$)</td>
<td>AVOID strenuous outdoor activity for the next hour</td>
<td>– AVOID all outdoor activity for the next hour</td>
</tr>
<tr>
<td>4</td>
<td>(≥251 µg/m$^3$)</td>
<td>MINIMISE all outdoor activity for the next hour</td>
<td>– AVOID all outdoor activity for the next hour</td>
</tr>
</tbody>
</table>

*This guide is not intended to be prescriptive. For the general population, symptoms that may arise from short-term exposure 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, available during the haze season, and the corresponding health advisories should be used when planning for next day outdoor activities, such as going to the beach.

<table>
<thead>
<tr>
<th>PSI Forecast</th>
<th>Good (0 - 50)</th>
<th>Moderate (51 - 100)</th>
<th>Unhealthy (101 - 200)</th>
<th>Very Unhealthy (201 - 300)</th>
<th>Hazardous (&gt;300)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Persons</td>
<td>Normal activities</td>
<td>Normal activities</td>
<td>REDUCE prolonged or strenuous outdoor physical exertion</td>
<td>AVOID prolonged or strenuous outdoor physical exertion</td>
<td>MINIMISE outdoor activity</td>
</tr>
<tr>
<td>Elderly, Pregnant Woman, Children</td>
<td>Normal activities</td>
<td>Normal activities</td>
<td>MINIMISE prolonged or strenuous outdoor physical exertion</td>
<td>MINIMISE outdoor activity</td>
<td>AVOID outdoor activity</td>
</tr>
<tr>
<td>Persons with Chronic Lung Disease, Heart Disease</td>
<td>Normal activities</td>
<td>Normal activities</td>
<td>AVOID prolonged or strenuous outdoor physical exertion</td>
<td>AVOID outdoor activity</td>
<td>AVOID outdoor activity</td>
</tr>
</tbody>
</table>

Scientific studies on the health effects of particulate matter (PM) are based on 24-hour exposure. 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.

The Government will continue to use the 24-hr PSI forecast to implement action plans to minimise and manage the impact of haze on Singapore, guide risk assessment of immediate activities and advise major decisions such as school closure and suspension of training or outdoor work.

Explanatory notes:
- REDUCE (do less), MINIMISE (do as little as possible), AVOID (do not do), PROLONGED (continuous exposure for several hours), STRENUOUS (involving a lot of energy or effort)

Current air quality readings and more information are available at
- [www.haze.gov.sg](http://www.haze.gov.sg)
- [www.nea.gov.sg](http://www.nea.gov.sg)
- [myENV](http://myENV)

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**For Immediate Outdoor Activities**

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- **Band 1 (Normal)**
  - PM$_{2.5}$ concentration: 0 - 55 µg/m$^3$
  - Advice: CONTINUE with normal activities
  - **Note:** This guide is not intended to be prescriptive. For the general population, symptoms that may arise from short-term exposure such as throat or eye irritations are expected to resolve after withdrawing from the exposure.

- **Band 2 (Elevated)**
  - PM$_{2.5}$ concentration: 56 - 150 µg/m$^3$
  - Advice: REDUCE strenuous outdoor activity for the next hour
  - **Note:** Vulnerable persons include the elderly, pregnant women, children, and persons with chronic lung disease or heart disease.

- **Band 3 (High)**
  - PM$_{2.5}$ concentration: 151 - 250 µg/m$^3$
  - Advice: AVOID strenuous outdoor activity for the next hour
  - **Note:** Vulnerable persons include the elderly, pregnant women, children, and persons with chronic lung disease or heart disease.

- **Band 4 (Very High)**
  - PM$_{2.5}$ concentration: ≥251 µg/m$^3$
  - Advice: MINIMISE prolonged or strenuous outdoor physical exertion
  - **Note:** Vulnerable persons include the elderly, pregnant women, children, and persons with chronic lung disease or heart disease.

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**For Next Day Activities**

The 24-hour PSI forecast, available during the haze season, and the corresponding health advisories should be used when planning for next day outdoor activities, such as going to the beach.

- **24-Hour PSI Forecast**
  - **Good (0 - 50):** Normal activities
  - **Moderate (51 - 100):** Normal activities
  - **Unhealthy (101 - 200):** REDUCE prolonged or strenuous outdoor physical exertion
  - **Very Unhealthy (201 - 300):** AVOID prolonged or strenuous outdoor physical exertion
  - **Hazardous (>300):** MINIMISE outdoor activity

- **24-Hour PSI Forecast**
  - **Good (0 - 50):** Normal activities
  - **Moderate (51 - 100):** Normal activities
  - **Unhealthy (101 - 200):** REDUCE prolonged or strenuous outdoor physical exertion
  - **Very Unhealthy (201 - 300):** AVOID prolonged or strenuous outdoor physical exertion
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