

HEALTH GUIDELINES ON HAZE

The public is advised to:

- Drink plenty of water
- Seek medical advice at the nearest hospital or clinic

PSI READINGS (GRADES)	GENERAL HEALTH EFFECTS	ADVICE TO THE PUBLIC
UP TO 50 GOOD	None for the general population	None required
51 - 100 MODERATE	Few or none for the general population. Irritation symptoms may include cough, sore eyes and running nose.	GENERAL POPULATION None CHILDREN Reduce physical activities for those with asthma, lung and heart diseases.
101 - 200 UNHEALTHY	Minor irritation symptoms such as cough, sore eyes, and runny nose can affect healthy population	GENERAL POPULATION Reduce outdoor physical activities especially for the elderly and those with lung and heart diseases. CHILDREN No outdoor physical activities. Indoor activities can be done preferably in air-conditioned rooms with special air filtration system.
201 - 300 VERY UNHEALTHY	Irritation symptoms such as cough, sore eyes, and runny nose may become more widespread in the healthy population. People with lung and heart diseases may experience significant aggravation of their symptoms as well as decreased exercise tolerance.	GENERAL POPULATION No outdoor physical activities. THE ELDERLY AND ADULTS WITH LUNG & HEART DISEASES No outdoor physical activities, reduce indoor physical activities. Remain indoors with windows and doors closed and fan switched on or preferably, stay in air-conditioned rooms with special air filtration system. CHILDREN No outdoor or indoor physical activities.
OVER 301 HAZARDOUS	Healthy population may experience adverse symptoms such as severe cough, sore eyes, and runny nose that affect normal activities as well as decreased exercise tolerance. The elderly and the sick may complain of symptoms related to the onset of certain diseases which may lead to premature death.	FOR ALL Stay indoors with windows and doors and fan switched on or preferably, stay in air-conditioned rooms with special air filtration system. No physical activities.