Actions to take during the Haze

• Reduce outdoor physical activities
• As far as possible, stay indoor. If you need to be outdoor, wear a suitable mask, such as the N95 or P100
• Ensure your indoor air is always clean. Reduce indoor air pollution especially, from cigarette smoke
• Use the car air conditioner. Select the recirculate air mode
• Drink plenty of water (at least 8 glasses per day)
• Wash your hands and face with soap and clean water after performing/attending outdoor activities

Effects of Haze on Health:
Aggravates existing chronic diseases such as:
• Chronic Obstructive Pulmonary Disease (COPD)
• Asthma
• Pneumonia
• Cardiovascular diseases
• Sore throat
• Conjunctivitis
• Cough and cold

Seek immediate medical attention if your health is affected by haze.