

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**

