

HAZE & OUR HEALTH



What is Haze?

The haze is a state of poor air quality characterized by opalescent appearance of the atmosphere and reduces visibility.

It's caused by high concentrations of air pollutants suspended in the atmosphere that scatter and absorb sunlight.

What are the air pollutants responsible for health effect during haze?

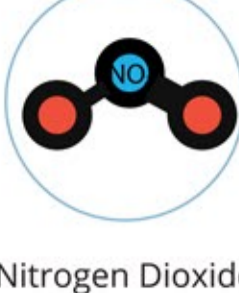
Main air pollutants during haze include:



Ozone



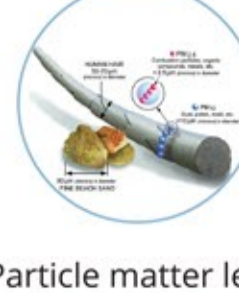
Carbon Monoxide



Nitrogen Dioxide



Sulphur Dioxide



Particle matter less than 10mm/m³ in Diameter

Air Pollution Index (API) and Health Effects

What is Air Pollution Index?

API is an index developed based on **5 AIR POLLUTANTS** mentioned above to reflect the air quality status and its relation to health in an easily understandable way for decision-making.

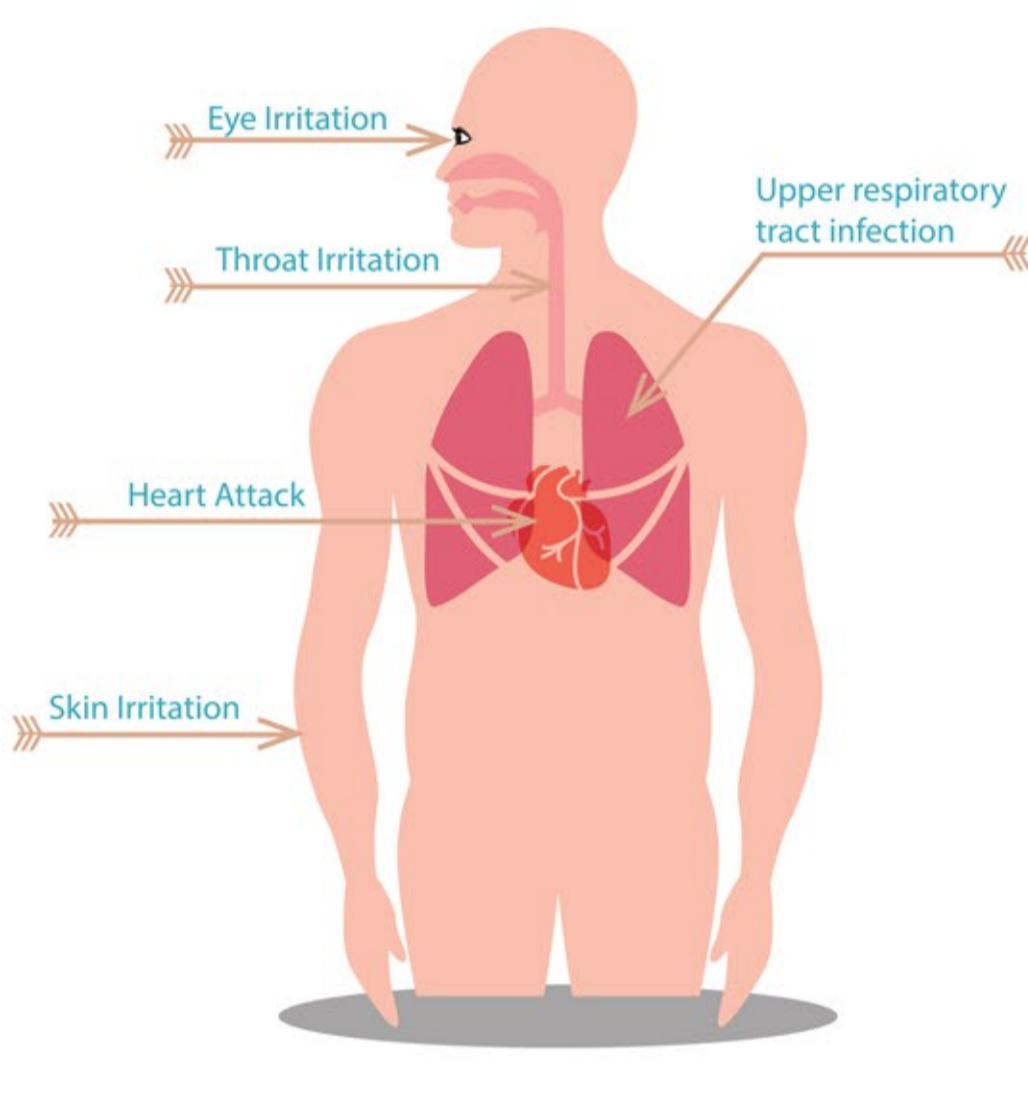
API Value	Air Quality Status	Description
0 to 50	Good	-
51 - 100	Moderate	-
101 - 200	Unhealthy	Susceptible group. Might be affected
201 - 300	Very Unhealthy	General public are affected
Above 300	Dangerous	General public are affected

What are the possible effects of haze on health?

The effect of haze on health is associated with the severity of air quality status. The higher the API level, the stronger the effects on health.

Other factors such as duration and intensity of outdoors activities, smoking habit, age, and health status of individual also play an important role in determining the health effect.

The possible health effects include



Susceptible group

Who's at risk of developing health effect?

All people are at risk of developing health effects. However, certain groups are more susceptible to develop the health effects. The groups include;



Children



Elderly



Patient with respiratory problem such as asthma and bronchitis.



Patient with heart disease, and allergy.



Smoker

Prevention

How can I prevent or minimize the effects of haze on my health?

Health tips to minimize the effect of haze on health.



Drink Plenty of Water at least 2 liters a day.



Avoid Smoking



Frequent washing of hand and face after outdoor activities.



Reduce Outdoor Activities



Seek Medical Advice



Keep Indoor Environment Clean

If you are suffering from asthma or heart disease, please



Make sure you have adequate supply of medicine.



Take your medicine regularly.



See your doctor immediately if your condition worsens.