

# Haze Advisory

## 24-hour PSI Readings: 101 to 200

Due to the current haze conditions, we recommend that guests minimise or avoid prolonged or strenuous outdoor physical exertion, especially elderly persons, pregnant women, children, and persons with chronic lung disease and/or heart disease.

If you are feeling unwell at any time, please consult a doctor immediately.

Here are some ways that you can limit exposure:

- Stay indoors as far as possible
- Reduce physical exhaustion
- Drink more water than usual
- Cut down on coffee and alcohol
- Use N95 masks as appropriate, depending on (i) health condition, (ii) Pollutants Standards Index (PSI) level, (iii) physical exertion and (iv) time spent outdoors

Thank you.

