



HAZE ADVISORY

Dear Members,

As stipulated by the National Environment Agency (NEA), a Pollutant Standards Index (PSI) reading above 100 is considered **unhealthy**.

We strongly advise members to reduce the duration and intensity of strenuous outdoor activities should the PSI exceed 100. Members with underlying health conditions are encouraged to take extra precautions and minimise prolonged outdoor exertion.

Members are also advised to stay well hydrated and drink water more frequently than usual.

Please monitor the latest PSI readings and take the necessary precautions to safeguard your health and well-being. Take care, and stay safe.