

HAZE 应对烟霾情况的健康指示

HEALTH ADVISORY



MINISTRY OF HEALTH
SINGAPORE

Would you know what precautions to take if the haze levels rise?
Here are some guidelines.

当烟霾情况加剧，您是否知道应该采取什么防范措施来保护自己？
这里为您提供一些建议。

24-HOUR PSI FORECAST

24小时空气污染指数预测



HEALTHY PERSONS
健康人士



**ELDERLY, PREGNANT
WOMEN, CHILDREN**
年长者、孕妇、孩童



**PERSONS WITH CHRONIC LUNG
DISEASE OR HEART DISEASE**
慢性肺病或心脏病患者

0 - 50
Good
良好水平

Continue with normal activities
继续进行日常活动

Continue with normal activities
继续进行日常活动

Continue with normal activities
继续进行日常活动

51 - 100
Moderate
适中水平

Continue with normal activities
继续进行日常活动

Continue with normal activities
继续进行日常活动

Continue with normal activities
继续进行日常活动

101 - 200
Unhealthy
不健康水平

**Reduce prolonged
or strenuous outdoor
physical exertion**
减少长时间或激烈的户外
体力活动

**Minimise prolonged
or strenuous outdoor
physical exertion**
尽量避免长时间或
激烈的户外体力活动

**Avoid prolonged
or strenuous outdoor
physical exertion**
避免长时间或激烈的
户外体力活动

201 - 300
Very Unhealthy
非常不健康水平

**Avoid prolonged
or strenuous outdoor
physical exertion**
避免长时间或激烈的
户外体力活动

Minimise outdoor activity
尽量避免户外活动

Avoid outdoor activity
避免户外活动

> 300
Hazardous
危险水平

Minimise outdoor activity
尽量避免户外活动

Avoid outdoor activity
避免户外活动

Avoid outdoor activity
避免户外活动

Prolonged = continuous exposure
for several hours

长时间 = 连续几个小时

Strenuous = involving a lot of energy
or effort

激烈 = 消耗大量体力或力气

Reduce = do less

减少 = 少做

Minimise = do as little as possible

尽量避免 = 尽可能不做

Avoid = do not do

避免 = 不做

The best form of protection is to
stay indoors.

留在室内是最好的防范措施。

However, if you are healthy and have
to be outdoors for several hours
when the forecasted air quality is
in the hazardous range (PSI > 300),
you can reduce your exposure to the
harmful effects of haze by wearing a
N95 mask.

即使您是健康人士，若需要在空气素质
预测达到危险水平时（也就是当空
气污染指数 > 300时）在户外呆上数
个小时，可以戴上 N95 口罩，以减
少接触烟霾后的有害影响。



PHPC
Public Health Preparedness Clinic

www.moh.gov.sg/haze