

# SHLAlerts

Safety, Health is the way of Life

## HAZE ADVISORY

Recently, PSI (Pollutant Standards Index) levels have risen above normal. Please take care of your well-being, have sufficient rest and drink plenty of water to stay hydrated.

Individuals with existing chronic heart and lung conditions should ensure that medications are on hand and readily available.

Persons who are feeling unwell, especially the elderly and children, and those with chronic heart or lung conditions, are advised to seek medical care.

For the latest PSI updates, please visit <http://www.haze.gov.sg/>

24-hour PSI	HEALTHY PERSONS	ELDERLY, PREGNANT WOMEN, CHILDREN	PERSONS WITH CHRONIC LUNG DISEASE, HEART DISEASE
0-50 Good	Normal activities	Normal activities	Normal activities
51-100 Moderate	Normal activities	Normal activities	Normal activities
101 - 200 Unhealthy	Reduce prolonged or strenuous outdoor physical exertion	Minimise prolonged or strenuous outdoor physical exertion	Avoid prolonged or strenuous outdoor physical exertion
201 - 300 Very Unhealthy	Avoid prolonged or strenuous outdoor physical exertion	Minimise outdoor activity	Avoid outdoor activity
>300 Hazardous	Minimise outdoor activity	Avoid outdoor activity	Avoid outdoor activity

## Wearing Your Filtering Facepiece Respirator

1



Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210 or 07048, pre-stretch the straps before wearing.

2



Pull the top strap over your head until it rests on the crown of your head above your ears.

3



Pull the bottom strap over your head until it rests just below your ears.

4



Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal.