

HTF MEMBER AGENCIES' ACTION PLANS

Advice on Mask-wearing for the Public

1. Generally, N95 masks are not required for short periods of exposure, such as commuting from home to school or work, or in an indoor environment. However, a healthy individual who has to be outdoors for several hours may wear a N95 mask (or equivalent¹) to reduce exposure when the forecasted air quality is in the Hazardous range (PSI >300). Vulnerable persons are advised to avoid or minimise outdoor activity when the forecasted air quality is Very Unhealthy (PSI >200). If they have to be outdoors for several hours, they can reduce exposure to haze particles by wearing a N95 mask. The elderly, pregnant women and persons with lung or heart conditions who have difficulty breathing at rest or on exertion should consult their doctor on whether they should use the N95 mask.
2. The key precaution for children during haze is to adhere to the haze health advisory when planning outdoor activities. Although there are currently no international certification standards for use of masks in children, the AIR+ Smart Mask can be used (only where necessary) by children without heart and lung conditions to protect against the effect of haze, provided it maintains a well-fitted seal at all times.
3. Normal surgical masks can reduce the discomfort caused by haze by providing a barrier between the wearer's nose/mouth and larger irritant particles in the air. However, unlike N95 masks, normal surgical masks are not effective in filtering fine particles (i.e. tiny particles that are 2.5 microns or less in width) present in haze and do not provide much benefit to protect the wearer from haze.
4. We would like to assure the public that there are sufficient stocks of N95 masks in government stockpiles.

Advice for Health Sector

5. The Ministry of Health has worked with healthcare institutions (including public hospitals, polyclinics and nursing homes) to put in place haze preparedness measures and prepare for any increase in cases of haze-related conditions. These measures include using air purifiers and fans, and reducing ambient temperature by deploying portable air coolers where appropriate. Our public healthcare institutions are also monitoring patients closely for possible health effects of the haze and will institute appropriate medical intervention where necessary.
6. Community care providers offering residential and centre-based services to seniors should provide indoor shelter for staff and residents/clients as well as minimise or avoid activities with prolonged or strenuous outdoor physical exertion when the forecasted air quality is in the Unhealthy range (PSI > 100). Outdoor activities should cease or be replaced with indoor activities when the forecasted air quality reaches the Very Unhealthy range (PSI > 200).
7. Healthcare institutions and community care providers will use the forecasted 24-hour PSI for forward planning, but may adjust these plans as appropriate based on the 1-hour PM2.5 readings.

Advice for Preschools

8. The Early Childhood Development Agency requires preschools to monitor the air quality levels and comply with the corresponding health advisories. Preschools will use the 24-hour PSI forecast for forward planning, but will adjust these plans as appropriate based on the 1-hour PM2.5 readings.
9. Preschools should minimise prolonged outdoor activities and strenuous indoor physical exercise and activities for children when the air quality is in the Unhealthy range (PSI > 100). During such times, children with underlying chronic heart and lung conditions should not participate in outdoor activities and physical exercise.

¹ Masks with similar filtration capability, for example, the KF94 and KN95 masks.

10. To safeguard the general well-being of the children, all preschools are equipped with air purifiers and should have at least one enclosed room with air purifier(s) turned on to temporarily accommodate children who may become unwell or develop respiratory problems due to haze. The health of all children should be monitored closely. Should any child exhibit respiratory problems or feel unwell, the preschool should allow the child to rest in an enclosed room with air purifier(s) turned on and inform the parents to pick up their child as soon as possible to seek medical attention for the child.

Ensuring the Well-Being of Students in Schools

11. The Ministry of Education (MOE) and schools are prepared to respond and take appropriate haze management measures to ensure the well-being of students and staff, taking reference from NEA's readings. Schools will continue to use the 24-hour PSI forecast for forward planning, but will adjust these plans as appropriate based on the 1-hour PM2.5 readings.

12. All classrooms of primary and secondary schools, junior colleges/Millenia Institute, MOE Kindergartens and Special Education schools have been equipped with air purifiers to enhance the well-being of students during a haze situation. Prolonged outdoor/strenuous activities are to be avoided. Teachers will be on the lookout for students who are unwell or have pre-existing lung or heart conditions. These students will be excused from outdoor activities and physical exercise. Parents should ensure their children have their medication, such as inhalers for asthma, with them, if required and take their children to seek medical attention if they are unwell or exhibit respiratory problems due to haze. For more information on schools' haze management plans, refer to <https://www.moe.gov.sg/about-us/emergency-preparedness/haze-management>.

Advice for Employers

13. The Ministry of Manpower reminds employers to implement necessary precautions and measures (www.mom.gov.sg/haze) to ensure the health and safety of their workers at the workplace in the event that the 24-hour PSI reaches the Unhealthy range (PSI>100). The measures include:

- Reducing prolonged or strenuous outdoor work for healthy employees
- Minimising prolonged or strenuous outdoor work for elderly or pregnant employees
- Avoiding prolonged or strenuous outdoor work for employees with chronic lung or heart conditions
- Taking risk mitigating measures such as use of mechanical aids, job rotation, instituting indoor rest breaks and ensuring adequate hydration etc.

Safeguarding Singapore

14. The Ministry of Defence and the Singapore Armed Forces, together with the Ministry of Home Affairs and its Home Team Departments, are well equipped and will continue to safeguard Singapore's peace and security amid the haze situation. Based on the 24-hour PSI forecast and 1-hour PM2.5 concentration levels, the level and intensity of training and outdoor activities will be calibrated accordingly with precautionary measures taken to ensure the health and safety of all service personnel.

Advice for Motorists and Commuters

15. Beyond implementing haze mitigation measures for the Land Transport Authority (LTA) and public transport operators' employees, LTA has also reminded motorists of the safety precautions they should take and how commuters can keep up-to-date with information pertaining to any affected public transport service. Through the Expressway Monitoring and Advisory Systems, motorists are reminded to drive with care and switch on their headlights when visibility is low. Commuters will be informed of any train or bus service which has been affected through the MyTransport.SG mobile application as well as other platforms such as Public Transport Operators' (PTO) and LTA's social media pages.

Sporting Activities

16. Sport Singapore advises all participants and organisers of sports activities to monitor the air quality and follow the corresponding health advisories. Event organisers should conduct their own risk management with

due consideration of the health advisories when deciding whether to proceed with sports activities. While outdoor and indoor sports facilities may remain open, members of the public are advised to monitor the air quality and take necessary precautions to ensure personal safety when exercising outdoors. In general, exercising outdoors should be reduced when air quality is unhealthy.

- Elderly or pregnant persons and persons with chronic lung / heart conditions, should avoid outdoor exposure.
- Persons who are not feeling well should stop all sport activities and seek medical attention.
- Members of the public can continue keeping fit indoors with online resources available at <https://www.activesgcircle.gov.sg/watch/lifestyle>.
- ActiveSG members may contact their nearest Sport Centre or refer to advisory posters put up during this period at the Sport Centre and the ActiveSG Circle website at <https://www.activesgcircle.gov.sg/> for more information.

Community Activities

17. All community activities will be guided by the 24-hour PSI forecast issued by NEA and the accompanying health advisory. Members of the public may wish to remain indoors during periods of haze. Air-conditioned rooms in selected Residents' Network (RNs), Residents' Committee (RC) Centres and Community Centres/Clubs (CCs) will be available for members of the public who want to seek respite from the haze, should the 24-hour PSI cross into the Very Unhealthy range (PSI > 200). Residents may contact their nearest CCs or refer to RN/RC Notice Boards for more information on the nearest available RNs/RCs/CCs.

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