

- Haze is an atmospheric phenomenon in which **dust, smoke, and other dry particulates obscure the clarity of the sky.**
- The World Meteorological Organization Classification of Horizontal Obscuration into categories of fog, ice fog, steam fog, mist, haze, smoke, volcanic ash, dust, sand, and snow.
- Causes** of haze particles include industry & farming, traffic, industry, and wildfires. Current haze is due to forest fires and peat fires.

## Jutaan Ton Karbon Dioksida Terlepas Saat Lahan Gambut Diamuk si Jago Merah



API Color Reference

<b>GOOD</b> Low pollution without any bad effect on health	Below 50
<b>MODERATE</b> Moderate pollution that does not pose any bad effect on health	51 - 100
<b>UNHEALTHY</b> Worsens the health condition of high risk people who is the people with heart and lung complications	101 - 200
<b>VERY UNHEALTHY</b> Worsens the health condition and low tolerance of physical exercises to people with heart and lung complications. Affect public health	201 - 300
<b>HAZARDOUS</b> Hazardous to high risk people and public health	More than 300

**API Air Pollutant Index** is a simple and generalized way to describe the air quality, calculated from several sets of air pollution data. In other places this was replaced by an updated air quality index (e.g. China) or alternatively Health-based index as in Hong Kong.

Should **API exceeds 500**, a state of **emergency** might be declared in the reported area. Non-essential government services might be suspended, and all ports and airports in the affected area would probably be closed. There might be a prohibition on private sector commercial and industrial activities.

### Jerebu Sarawak: Tiga kawasan catat IPU sangat tidak sihat



Pernatalangan bandar raya Kuching yang berjeda disebabkan oleh udara pada pagi 8 Sept. Lulu. --to@BERNAMA/FAI

**KUCHING:** Satu lagi kawasan mencatatkan bacaan Indeks sangat tidak sihat menjadi kawasan yang merekodkan setakat pukul 8 pagi ini.

Ketua sekretariat Jawatan (JPBN) Sarawak, Mejar 1st Pertahanan Awam Malaysia bacaan IPU di Sri Aman pm. malam tadi, kepada 229 p.

Newspaper cutting emphasising on the haze resulting from the tons of carbon poured into the air from peat fires.



**WHAT YOU SHOULD DO**



Example of N95 mask

- Drink more water and increase the intake of fresh fruits and vegetables.** This should help to flush the particles out of our body.
- Avoid outdoor activities, especially outdoor sports.** Children, pregnant women, the elderly, and those suffering from chronic illnesses, especially heart and respiratory disease, should remain indoors.
- Close all windows, doors** and any openings that may allow haze to enter your home and office. Turn on the air conditioner if you have one.
- Keep air conditioner in tip-top working condition with regular cleaning and servicing.** Fine particles can enter an air-conditioned building through the fresh air intake as well as any openings and gaps.
- Use an air purifier to keep the particulate levels low.**

APIMS Air Pollutant Index of Malaysia

Official Portal of Department of Environment  
Ministry of Energy, Science, Technology, Environment & Climate Change  
"Environmental Conservation, Our Shared Responsibility"

From: 17-Sept-2019 12:00PM To: 18-Sept-2019 11:00AM

State	Location	12:00PM	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM	6:00PM	7:00PM
SARAWAK	Sarikei	151**	151**	151**	152**	153**	155**	156**	157**
SARAWAK	Sri Aman	367**	369**	371**	374**	377**	379**	389**	392**
SARAWAK	Samarahan	152**	151**	150**	151**	153**	158**	163**	161**
SARAWAK	Kuching	220**	218**	217**	214**	212**	214**	213**	214**
SELANGOR	Johan Setia Klang (MCAQM)	238**	237**	236**	233**	231**	230**	231**	230**

You can also have a different take by going to another portal, <https://waqi.info/>



To monitor API you can go to Department of Environment website, <https://www.doe.gov.my/portalsv1/en/info-umum/english-air-pollutant-index-api/100>

**Transboundary haze** is when the haze permeates the troposphere and travels across national borders and form a seasonal air pollution affecting up to six Southeast Asian countries on an almost annual basis since 1980s but more serious since 2016. The most affected countries are Indonesia, Singapore, and Malaysia.

The particulate and aerosol matter that makes up the haze originates from forest and peat fires occurring during the dry season, mostly in Indonesia.



**Effects of HAZE**

- Eye inflammation or Conjunctivitis
- Nasal irritation stimulates mucus production
- Throat irritation leading to mucus discharge which can clog the respiratory tract
- Lung tissue inflammation and scarring

Those with lung, heart or severe asthmatic problems may have difficulty in breathing. At higher levels of pollution, most people will start to feel breathlessness and cough

## Hazy days till month's end



PMCare celebrates **HARI MALAYSIA** by working with **MERCY** to distribute **masks** in the wake of increasing **HAZE** during the long week-end **14 - 16 September 2019.**

Some people are more susceptible to haze than others. Seek your Doctor's advice - is the current level is detrimental to you or not. If it is, you may have to take special precautions much earlier.

For **PMCare** Members Only