

## WHAT ARE THE SIGNS AND SYMPTOMS OF HEALTH PROBLEMS AS A RESULT OF EXPOSURE TO THE HAZE?

The effects of continuous exposure to the haze include :-

- Itchy sensation in the throat, and coughing
- Difficulty in breathing or nasal congestion
- Painful and watery eyes
- Watery nose and constant sneezing
- Itchy skin
- Feeling of chest pain

**Get advice and treatment at the nearest clinic if you have the above signs and symptoms.**

## PREVENTION OF HAZE-RELATED ILLNESSES

Please follow closely the advice given below :-

- Those who suffer from diseases such as flu, bronchitis, asthma, conjunctivitis, heart diseases or chronic lung diseases should seek immediate treatment at the clinic or hospital if their condition worsen.

- Those in the high risk groups should take medication according to doctor's advice.

Nasal masks should be worn, especially by all motorcyclists, outdoor workers, or those working in dusty places, and those in the high risk groups.

- Smokers who have young children, elderly parents, and relatives who are sick should not smoke at home.

- As far as possible, the public is advised to stay indoors.

- Reduce outdoor sport or physical activities.

- Always wash your face or skin that have been exposed to the haze with clean water.

- Use your car air-cond if you have one.

- Drink a lot of water.

- Smokers are advised not to smoke if the air is unhealthy (i.e. API exceeds 100).

- Those in the high risk groups are advised to take leave and go to haze-free areas if the haze persists at the dangerous level in their area.

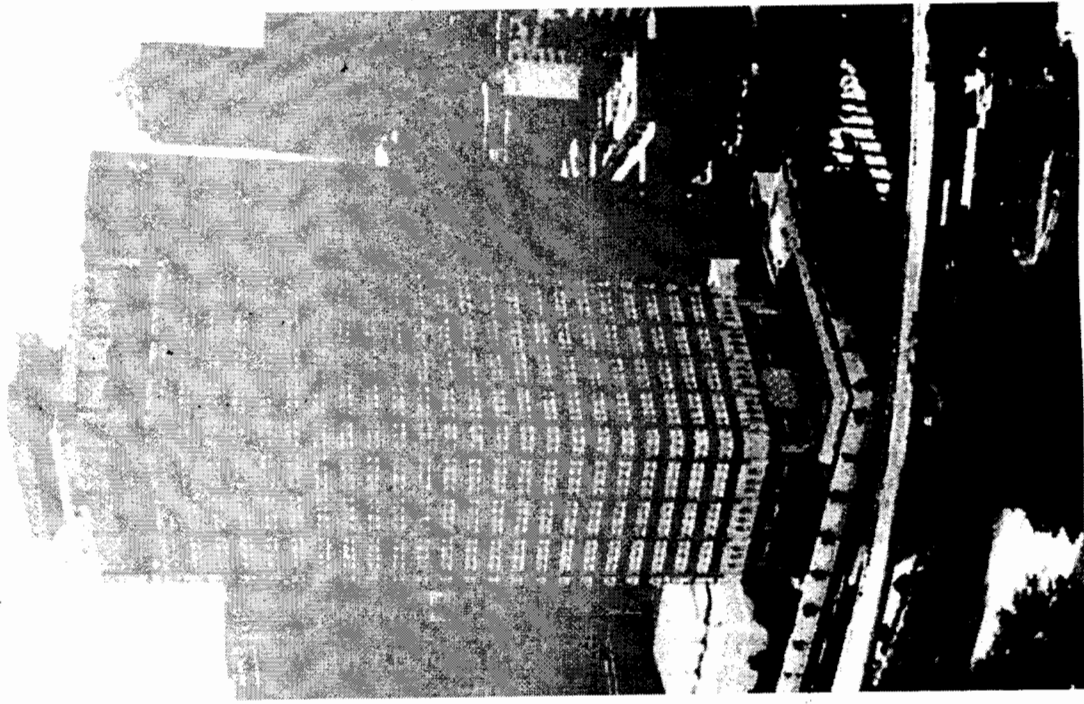


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97/A - 100, 000

# HAZE

## YOUR GUIDE FOR STAYING HEALTHY

### APPENDIX 9



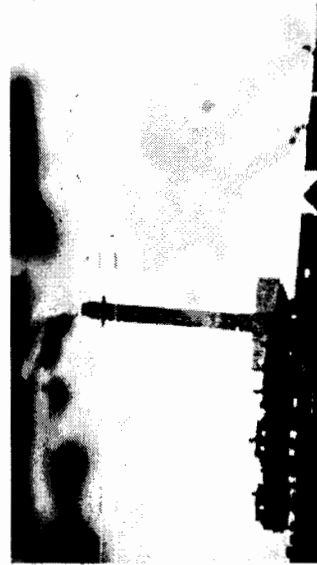
## WHAT IS HAZE

Haze is a phenomenon or occurrence caused by the accumulation of fine particles in the air which are barely visible to the naked eye. These particles may occur naturally or may be an outcome of human activities like open burning or smoky discharges from factories and exhaust of motor vehicles. When these particles accumulate in large quantities and suspend in the air, they can block out sunlight and visibility will be greatly reduced.

The main sources of haze are :



COAL FIRED POWER PLANT DISCHARGING



## EXHAUST FUMES FROM MOTOR VEHICLES.



## API VALUE STATUS

0 - 50	-	Good
51 - 100	-	Moderate
101 - 200	-	Unhealthy
201 - 300	-	Very unhealthy
301 - 500	-	Dangerous

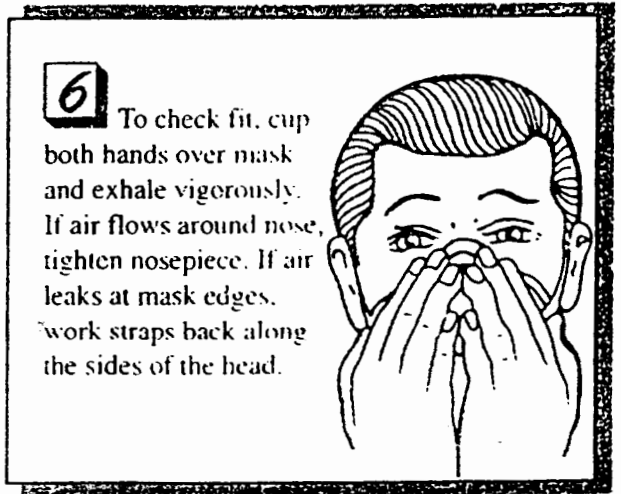
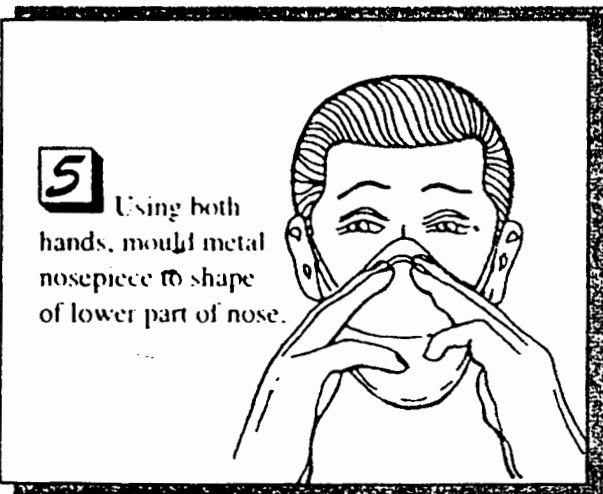
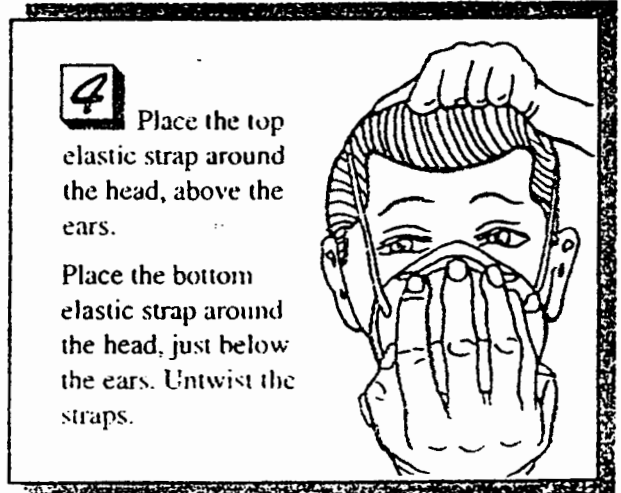
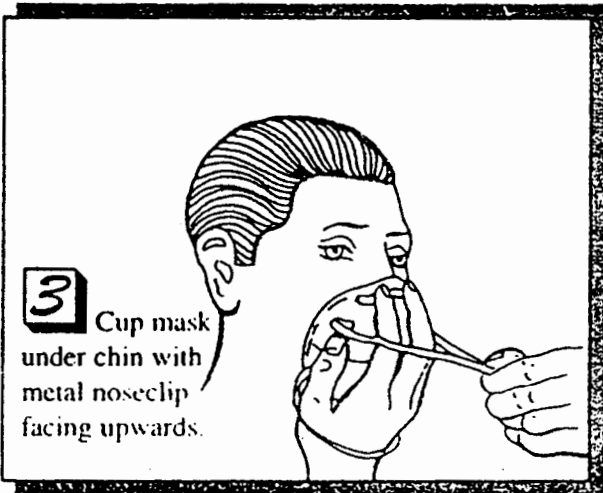
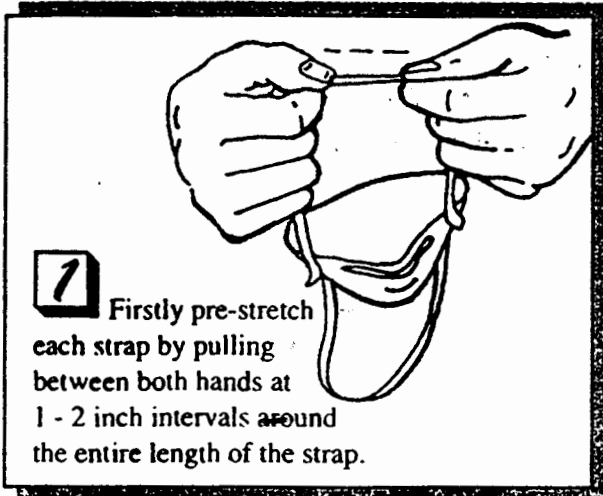
You are advised to monitor the latest developments in air quality through the mass media (newspapers, television and radio) to know the current level of haze in your area so that you can take preventive measures.

Continuous hazy conditions will cause ill effects to all people especially those in the high risk groups such as :-

1. Children
2. The elderly
3. Those with illnesses like  
*asthma*  
*bronchitis*  
*pneumonia*  
*chronic lung diseases*  
*heart diseases*  
*allergies*
4. Cigarette smokers
5. Those who work outdoors most of the time

## HAZE

## HOW TO USE THE NASAL MASK



*The presence of beards or other facial hair will prevent direct contact between the face and the edge of the respirator and makes the mask ineffective*

**IF YOU CANNOT ACHIEVE A PROPER FIT,  
DO NOT EXPOSE YOURSELF TO THE HAZE.**