

Health D-G advises public to stay indoors due to haze

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KUALA LUMPUR, Health Director-General Datuk Dr Noor Hisham Abdullah today issued an advisory to the public in wake of the haze which has affected several places in the west coast of the peninsular and Sarawak.

Dr Noor told the public to avoid outdoor activities when possible or by donning suitable face masks to prevent direct inhalation of the polluted air.

He also urged the public to maintaining quality air within their homes and by ensuring they were free from other sources of pollutants such as cigarette smoke.

“When driving, ensure the vehicle’s air conditioning is set to internal circulation mode.

“Increase drinking plain water to at least eight glasses a day,” he said in a statement posted on his personal blog today.

Dr Noor also reminded the public to constantly wash their hands and faces with soap and clean water after carrying out outdoor activities.

He also recommended the use of air conditioning or air purifiers at home.

“The air filters with high capabilities are better as they prevent many fine particles related to smog and others to reduce the amount of pollutants within the household,” he said.

He said the Health Ministry was monitoring haze-related cases involving patients such as respiratory and eye infections, and asthma, at selected clinics.

He said those experiencing coughs, running nose, asthma, eye and lung infections, should seek treatment at the clinics immediately if their conditions worsen.

“The ministry also advises the public to be aware of the current situation by obtaining information from the mass media and relevant websites on the Air Pollutant Index (API) readings,” he said

All areas in the country recorded healthy and moderate API levels this morning, which was a general improvement from yesterday with Seri Majung and Port Klang’s “unhealthy” readings which lasted for several hours.

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