HAZE WHAT YOU NEED TO KNOW

WHO ARE AT RISK?

Children and Elderly

Individual with respiratory disease

Outdoor workers

Smokers

WHAT ARE THE EFFECTS OF RISK?

Increases chronic conditions such as:

- Chronic obstructive pulmonary disease
- Asthma
- Pneumonia
- Heart disease
- Sore throat
- Sore eyes
- Cough
- Flu

HOW TO PROTECT YOURSELF?

Wear a suitable face mask or use of N95 masks, when necessary

Avoid strenuous outdoor activities

Drink a lot of water

Clean your face and any exposed area with clean water and soap

Smokers are advised to stop smoking

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