

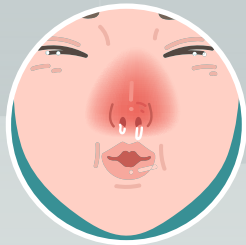


HEALTH EFFECTS OF HAZE



Haze is a mixture of airborne pollutants including dust, carbon monoxide and other toxic gases. Exposure to haze can cause a range of health effects.

Here are some symptoms you may experience - and how to deal with them.



AIRWAYS

Symptoms:

Runny nose, dry and sore throat, cough.

What you can do:

- ✓ Drink lots of water to keep the throat moist
- ✓ Take medications for symptom relief
- ✓ Antihistamines
- ✓ Cough medication
- ✓ Lozenges and throat sprays



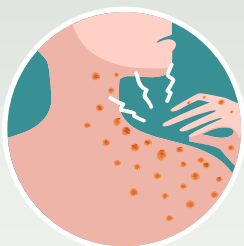
EYES

Symptoms:

Dry eyes, watery eyes, stinging sensation in the eyes.

What you can do:

- ✓ Apply eyedrops to wash away pollutants in the eyes
- ✓ Avoid wearing contact lenses which can worsen dry eyes



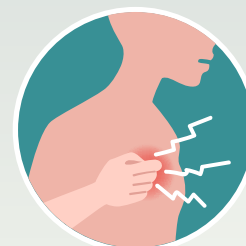
SKIN

Symptoms:

Skin irritation, dry skin, redness, rashes.

What you can do:

- ✓ Apply moisturizer to protect the skin barrier
- ✓ Incorporate antioxidant skincare



BREATHING DIFFICULTIES

Symptoms:

Chest tightness, wheezing, breathlessness.

What you can do:

- ✓ If you have asthma, always carry your reliever inhaler with you
- ✓ If you have existing respiratory conditions, take your regular medication as instructed
- ✓ See your doctor immediately