

NEW STRAITS TIMES
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 MS 02

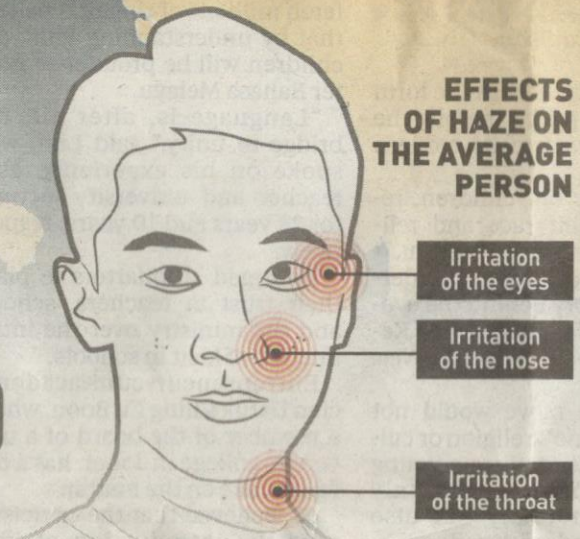
THE HAZE CRISIS



LIST OF 68 AIR POLLUTANT INDEX STATIONS NATIONWIDE

- **PERLIS**
- 1. Kangar
- **KEDAH**
- 2. Langkawi
- 3. Alor Star
- 4. Sungai Petani
- 5. Kulim Hi-Tech Park
- **PENANG**
- 6. Seberang Jaya
- 7. Seberang Perai
- 8. Minden
- 9. Balik Pulau
- **PERAK**
- 10. Taiping
- 11. Tasek Ipoh
- 12. Pegoh Ipoh
- 13. Seri Manjung
- 14. Tanjung Malim
- **KUALA LUMPUR**
- 15. Batu Muda
- 16. Cheras
- **PUTRAJAYA**
- 17. Putrajaya
- 34. Pasir Gudang
- 35. Pengerang
- 36. Kota Tinggi
- 37. Tangkak
- **PAHANG**
- 38. Rompin
- 39. Temerloh
- 40. Jerantut
- 41. Bandar Indera Mahkota
- 42. Balok Baru
- **TERENGGANU**
- 43. Kemaman
- 44. Paka
- 45. Kuala Terengganu
- 46. Besut
- **KELANTAN**
- 47. Tanah Merah
- 48. Kota Baru
- **SABAH**
- 49. Tawau
- 50. Sandakan
- 51. Kota Kinabalu
- 52. Kinmas

EFFECTS OF HAZE ON THE AVERAGE PERSON



- Irritation of the eyes
- Irritation of the nose
- Irritation of the throat

THE Southeast Asia haze disaster in 2015 may have caused 103,000 premature deaths in Indonesia, Malaysia and Singapore, a study by Harvard University and Columbia University concluded.



GROUPS THAT ARE SENSITIVE TO HAZE



Children

■ Depending on how sensitive you are, the severity of the haze and the time of exposure, you may experience the following short-term adverse effects:

- Eye irritation, watery eyes, and/or conjunctivitis (a type of eye inflammation);
- Runny nose, stuffy nose, sneezing, and/or post-nasal drip;
- Throat irritation, dry throat, sore throat and/or coughing;
- Headache, dizziness and/or fatigue;



Elderly



People with chronic lung disease

• Decreased lung function, depressed respiratory immune defences, chest pain, and/or bronchitis (lung inflammation);



Heart disease

• Diarrhoea and/or stomach upset, if drinking water sources are contaminated by dense haze and the water is consumed without further treatment;



Pregnant women

• Anxiety, stress and/or depression-like symptoms such as insomnia, feelings of helplessness, loss of interest in daily activities and irritability.

LONG-TERM EXPOSURE TO FINE PARTICLES

- **Increases the risk of death** from cardiovascular disease and reduces life expectancy by several months to a few years.
- **Exposure to polluted air** by expectant mothers has also been associated with spontaneous abortion, under-weight infants, birth defects and infant death.
- **Exposure to air pollution** can make the brain age faster.
- **Lung scarring.**
- **More likely to suffer from** respiratory symptoms and impaired pulmonary function.
- **Some studies suggest that it can** increase the risk of liver scarring and diabetes.

PREVENTION



Stay indoors as much as possible



Stay hydrated



Use a mask to cover mouth and nose while outside

- **SELANGOR**
 18. Kuala Selangor
 19. Petaling Jaya
 20. Shah Alam
 21. Klang
 22. Banting
 23. Johan Setia
- **NEGRI SEMBILAN**
 24. Nilai
 25. Seremban
 26. Port Dickson
- **MELAKA**
 27. Alor Gajah
 28. Bukit Rambai
 29. Bandaraya Melaka
- **JOHOR**
 30. Segamat
 31. Batu Pahat
 32. Kluang
 33. Larkin

- **KUALA LUMPUR**
 34. Kembangan
 35. Keningau
 36. Politeknik Kota Kinabalu
- **LABUAN**
 55. Labuan
- **SARAWAK**
 56. Limbang
 57. Miri Industrial Training Institute
 58. Miri
 59. Samaralaju
- **MALAYSIA**
 60. Bintulu
 61. Mukah
 62. Kapit
 63. Sibu
 64. Sarikei
 65. Sri Aman
 66. Samarahan
 67. Kuching
 68. SK Kuala Baram 2

IMPACT



Flight delays



School closure



Rising absences from work, particularly outdoor-based jobs



Rising government expenditure in terms of public health



Rising healthcare cost for the average Malaysian