

Part 3: Read the text below and answer questions 17 – 24.

# HAZE


## WHAT YOU NEED TO KNOW

### WHO ARE AT RISK?

 Children and the elderly

 Individuals with respiratory disease

 Individuals who work outside

 Smokers

### WHAT ARE THE EFFECTS OF HAZE?


Exacerbate chronic conditions such as:

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

### HOW TO PROTECT YOURSELF?


 Drink lots of water


 Wear a face mask  
(Recommended to wear N95 mask for API more than 200)

 Reduce outdoor activities

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

 Get treatment if your health deteriorates

 Turn on the aircond while driving and select the recirculation mode

 Obtain the Air Pollution Index (API) information before going out.  
[CLICK HERE](#) to get the latest API

### Take Care of your Health

**Questions 17 – 24:**

Complete the following table.

Choose **no more than three words and/or a number** from the text for each answer.

For each question, write your answer in the space provided on your answer sheet.

<b>HAZE</b>	
People at risk	<ul style="list-style-type: none"><li>• Children and the elderly</li><li>• Individuals with _____ (17)</li><li>• Individuals who work outside</li><li>• _____ (18)</li></ul>
Effects of Haze	<ul style="list-style-type: none"><li>• Chronic obstructive pulmonary disease</li><li>• _____ (19)</li><li>• Pneumonia</li><li>• Heart disease</li><li>• _____ (20)</li><li>• Sore eyes</li><li>• _____ (21)</li><li>• Flu</li></ul>
Ways to protect yourself	<ul style="list-style-type: none"><li>• Drink _____ (22)</li><li>• Wear a face mask</li><li>• Reduce _____ (23)</li><li>• Clean your face and skin with water and soap</li><li>• Great treatment</li><li>• Turn _____ (24)</li><li>• Obtain API information before going out</li></ul>

No.	Write your answer
17	
18	
19	
20	
21	
22	
23	
24	