

# READING

## Stay Healthy, Breathe Easy.



AIR POLLUTION INDEX (API)

On hazy days, monitor the Air Pollution Index (API) before carrying out outdoor activities. When the air quality is hazardous, stop outdoor activities.

Numerical Value	Levels of Health Concern	Meaning
0 to 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk.
51 to 100	Moderate	Air quality is acceptable. There may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
101 to 150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health problems. The general public is not likely to be affected.
151 to 200	Unhealthy	Everyone may begin to experience health problems. Members of sensitive groups may experience more serious health problems.
201-300	Very Unhealthy	Health alert: everyone may experience more serious health problems.
300+	Hazardous	Health warnings of emergency conditions. The entire population is more likely to be affected.

### Public views:

#### Mariam, Housewife

For days, the haze remained. Innocent victims suffered from throat itchiness, coughing, eye irritation and watery eyes, runny nose and itchy skin. Children and the elderly were the most affected.

#### Dr Vicky, JB Health Clinic

When the API reaches an unhealthy level, stay indoors, wear masks and drink plenty of water. See a doctor if the symptoms persist.

#### Wong Jia En, Student

Action must be taken against those who cause climate change. When irresponsible people pollute our air, they must be punished.



You can get information about the air quality index. To get the current quality of the air around the globe, go to: <http://waqi.info>



Scan Me

### Glossary

**moderate** average in intensity  
**irritation** inflammation or discomfort



# READING

ANSWER THE QUESTIONS BELOW.

1. Fill in the table with an appropriate word from the text.

Meaning	Word
a. continued to exist	
b. minute or tiny portion/piece of matter	
c. dangerous	
d. experienced something unpleasant	

2. State whether the following statements are TRUE or FALSE.

a. Dust, soot, smoke & dirt are the only substance contained in haze.	
b. The lower the API, the better the quality of the air.	
c. Old people find it easier to cope with haze.	
d. Healthy people can be outdoors when the API is at a hazardous level.	



# READING

ANSWER THE QUESTIONS BELOW.

3. Match the main idea of each of the speakers

- a. Mariam
- b. Dr Vicky
- c. Wong Jia En

Stay indoors when the quality of the air is unhealthy.  
People who cause air pollution must be punished.  
Air pollution causes many skin and respiratory problems.

4. Answer the following questions.



Why do you think Mariam described the victims as 'innocent'?

write your answer here >w<



Mariam said that children & old people are the most affected by the haze. State a reason.

write your answer here >w<

