

Haze in Malaysia

Let's stay healthy!



Haze is a common environmental problem in Malaysia, especially during the dry season. It happens when smoke, dust and other tiny particles stay in the air. The haze can come from forest fires, open burning and fires in neighbouring countries. When the wind blows the smoke towards Malaysia, the air quality can become unhealthy.

During a haze, the sky may look grey and the air may smell smoky. People may experience health problems such as coughing, sore throats, itchy eyes, headaches and difficulty breathing. Children, elderly people and people with breathing problems need to be especially careful because they may be more sensitive to the polluted air.

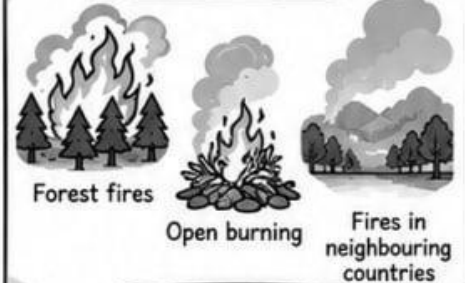
There are several ways to stay healthy during the haze. First, people should check the Air Pollutant Index (API) before going outside. If the air quality is unhealthy, outdoor activities such as sports and jogging should be avoided. Students may need to stay indoors during physical education lessons when the haze is severe.

It is also important to keep doors and windows closed when the air outside is unhealthy. People can use an air purifier if one is available. When going outside is necessary, wearing a suitable face mask can help reduce the amount of harmful particles that are breathed in. However, people should make sure that the mask fits properly.

Drinking enough water is another good way to look after our health. People should also eat healthy food, get enough rest and avoid smoking. If someone feels unwell or has difficulty breathing, they should tell an adult and seek medical attention.

Everyone has a role to play in reducing haze. We should avoid open burning and dispose of rubbish properly. By taking simple precautions and caring for the environment, we can protect our health and make the air cleaner for everyone.

Causes of haze



Effects of haze



Ways to stay healthy



A. Comprehension Questions

- What causes haze in Malaysia?

- Name two health problems that people may experience during the haze.

- What should people do if the air quality is unhealthy?

- How can people help to reduce haze?



B. Complete the Sentences

- Haze is especially common during the _____ season.
- Children, elderly people and people with _____ problems need to be especially careful during the haze.
- People should keep their doors and windows _____ when the air outside is unhealthy.
- People should avoid _____ burning to help reduce haze.