

He said outdoor physical activities should be postponed if the API readings went above the 100 unhealthy mark.

“Please remain indoors. If it can’t be avoided, use suitable face masks.”

Those suffering from cough, flu, asthma, eye problem or chronic lung infections, should seek medical help if it persists.

“Try to ensure air in the house or building remains clean by reducing pollutants such as cigarette smoke.”

He urged car drivers to use internal circulation mode in their vehicle’s air conditioning.

In another development, the Education Ministry said today that the worsening haze situation in Sarawak has resulted in 409 schools being closed - 62 secondary and 347 primary. A total 157,479 students are affected.

However, the UPSR examinations proceeded without any interruptions.