



Immediate health measures to reduce the impact of **PM_{2.5}**



1 Evaluate the situation in individual areas

Currently there are **applications** and **websites** available which stratify the severity of PM_{2.5} in different areas according to colors. Examples of these applications include **Air4Thai**, **AirVisual**, **AirQuality** or www.aqicn.org/city/bangkok. If this information are not available, observations of air quality or warnings from appropriate authorities can be substituted.

2 Evaluate health conditions of individuals

The elderly, pregnant women, and those with respiratory or cardiovascular diseases are considered at **high risk** for severe health effects.



Yellow Areas





level: moderate

Orange Areas

level: begin to impact health

Red Areas

level: impact health


 Healthy persons	Activities outdoors are permitted. If work activities require prolonged periods outdoors, consider wearing a mask and alternating activities between indoor* and outdoor.	Reduce outdoor activities, including exercise. Those whose occupations require extended time outdoor should wear protective mask and alternate activities between indoor* and outdoor.	Reduce the hours outdoor. Refrain from outdoor exercises. Protective mask needs to be worn outdoor and individuals should have alternating periods indoor*.
 High risk groups	Wear a mask and alternate activities between indoor and outdoor.	Reduce outdoor activities and wear a protective mask when required to be outdoor.	Refrain from outdoor activities and wear protective masks when required to be outdoor.
 Settings	Schools and offices operating hours and reduce any outdoor activities. Windows can be opened as lo no high risk individuals.	Schools and offices should reduce operating hours and cancel scheduled outdoor activities. Keep doors and windows closed and turn on air-conditioning and air filters, where available.	Schools and offices should be closed. Close doors and windows at home and use air-conditioning and air-filtering devices when available.
 Environment	Vehicles can enter the area as usual. Persons should refrain from burning trash in the area.	Vehicles can enter the area as usual. Persons should refrain from burning trash in the area.	Reduce the access of vehicles, especially those utilizing diesel fuels, to the area. Manage the flow of traffic to avoid congestions. Persons should refrain from burning trash in the area.

PM 2.5 levels vary with time of day and rise during the morning and evening hours. Follow the situation closely to monitor any sudden changes in air quality.

8 AM

7 PM



*Indoor environment with air-conditioning and air filters, where available. 

Community members are encouraged to plant leafy trees, especially those that are vines, perennials or specific types of bushes.

