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 is 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
- Activities outdoors are permitted. If work activities require prolonged periods outdoors, consider wearing a mask and alternating activities between indoor* and outdoor.

**Orange Areas**
Level: begin to impact health
- Reduce outdoor activities, including exercise. Those whose occupations require extended time outdoor should wear protective mask and alternate activities between indoor* and outdoor.

**Red Areas**
Level: impact health
- Reduce the hours outdoor. Refrain from outdoor exercises. Protective mask needs to be worn outdoor and individuals should have alternating periods indoor*.

### Health conditions

<table>
<thead>
<tr>
<th>Healthy persons</th>
<th>High risk groups</th>
<th>Settings</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear a mask and alternate activities between indoor and outdoor.</td>
<td>Reduce outdoor activities and wear a protective mask when required to be outdoor.</td>
<td>Schools and offices operating hours and reduce any outdoor activities. Windows can be opened as long as no high risk individuals.</td>
<td>Vehicles can enter the area as usual. Persons should refrain from burning trash in the area.</td>
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</table>

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.

Source: Faculty of Medicine Siriraj Hospital, Faculty of Medicine Ramathibodi Hospital, Faculty of Public Health, Faculty of Environment and Resource Studies, Faculty of Engineering Mahidol University