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A growing awareness of overconsumption is prompting fashion consumers to loosen their hold on fleeting trends. >3

## Nation

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Only 3 in 10 Malaysians verify online info despite rising scams and deepfakes. >3



## StarMetro

### Game for fun

Publishers adapt board games to suit local interests, drawing players while nurturing social bonds in the digital age. >2&3

The Star M/s 1 M/Repan 23/7/2025 (Rabu)

# Health on the line

Malaysians face severe risks from both haze and UV radiation, with experts warning of respiratory issues from haze and potential organ damage from UV exposure. They stress the importance of maintaining protection against both environmental hazards. > See reports on pages 6 and 7 by

RAHIMY RAHIM and DIVYA THERESA RAVI

## Nation

Rakyat await PM's news, in hope of lasting economic relief. >4



## Clean up or pay the price

Memo to litterbugs and pet owners: Repeat offenders will face a RM3,000 fine for discarding rubbish or not cleaning up their animal waste at public spaces. Community service is another likelihood, too. > See report on page 8

Photo: GLENN GUAN/The Star



Reports by RAHIMY RAHIM and DIVYA THERESA RAVI

*The Star m/s 6 Nation 23/7/2025 (Rahim)*

## Experts: Haze brings poor air quality even as UV levels drop

**PETALING JAYA:** Malaysians are confronting a dual threat of increasing haze and elevated Ultraviolet Radiation Index (UVI) levels; however, climate experts caution that the haze presents a greater health risk.

This concern is echoed by Faculty of Marine Sciences and Environment at Universiti Malaysia Terengganu (UMT) senior lecturer Dr Chung Jing Xiang, who emphasised that while both are detrimental, the haze presents a notably greater threat to human health.

"Our region's proximity to the equator results in high UVI levels, as we receive direct sunlight almost year-round; however, haze poses a more serious threat, leading to respiratory issues," said Dr Chung.

He explained that haze consists of pollutant particles, commonly referred to as Particulate Matter (PM).

"These particles have the capacity to scatter ultraviolet (UV) light, resulting in reduced light reaching the atmosphere where people are located," he said.

To illustrate, Dr Chung used an analogy.

"You can liken it to diving in the ocean.

"If the water is murky, then less light will penetrate the



**Veil of grey:** A photo taken around 1.30pm shows worsening haze conditions along the Federal Highway between Petaling Jaya and Bangsar. The Kuala Lumpur city skyline, usually visible in the background, is completely obscured by the dense smog, highlighting the seriousness of the air pollution. — ART CHEN/ The Star

ocean floor."

The climate and weather researcher explained that likewise, the air is currently unclear due to haze, resulting in reduced sunlight reaching the Earth's surface.

Consequently, this indicates that ultraviolet (UV) radiation is also diminished, as UV is a form of "light".

He said that while it is pleasant to be outdoors without the risk of sunburn from elevated UV rays, he advises people to prioritise their health by steering clear of

poor air quality.

This is because a high UVI often correlates with a low (good) Air Quality Index (AQI), and vice versa, highlighting a trade-off where cleaner air means higher UV exposure, and hazy conditions (lower UV) mean poor air quality.

Adding to this, National Antarctica Research Centre climatologist Prof Datuk Dr Azizan Abu Samah noted that the maximum UV radiation typically occurs around midday, with its intensity depending on the thickness of

cloud cover.

"Thick clouds can reflect much of the sun's radiation back into the atmosphere, reducing UV exposure to the ground where people are," he said.

"Being in the tropics, UV levels are generally higher than in temperate countries like Europe," he added while referring to the high UV index recorded in Kota Kinabalu, Sabah.

The climatologist expressed concern that haze poses a greater threat due to its inclusion of PM2.5 pollutants – minute parti-

cles that can be easily inhaled by humans, leading to significant health risks for the lungs.

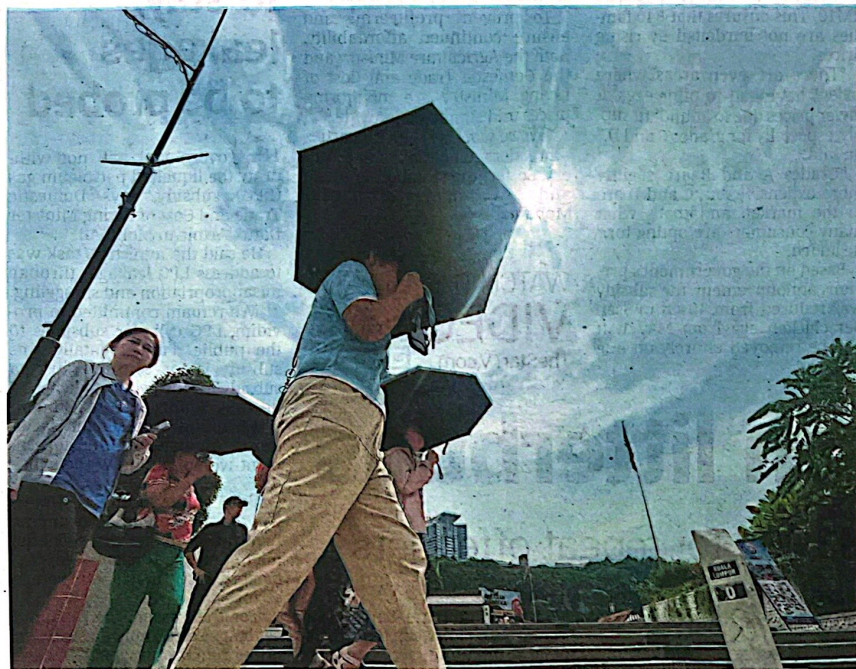
According to the Malaysian Meteorological Department (MetMalaysia) website, Kota Kinabalu, Sabah, recorded an extremely high UV index of 13 yesterday, particularly between noon and 1pm.

"The UV intensity in Malaysia is generally highest during the months of December, January and February," said its department director-general, Dr Mohd Hisham Mohd Anip.



# It's not just about that tan

Severe health effects attributed to prolonged UV exposure, say experts



**Staying safe outdoors:** People using umbrellas and wearing face masks at Dataran Merdeka, Kuala Lumpur, around 3.30pm due to the unexpected weather situation. — FAIHAN GHANI/The Star

**PETALING JAYA:** Prolonged exposure to solar ultraviolet (UV) radiation can lead to severe health effects, including damage to the skin and eyes, organ damage and long-term health issues, according to health experts.

Healthcare expert Prof Dr Sharifa Ezat Wan Puteh said while the haze situation can actually reduce UV radiation, the public still needs to take steps to protect themselves from UV rays.

"Extreme, prolonged and intense doses of UV rays may even cause organ damage."

"These include melanoma, skin cancer, basal-cell cancer (skin cancer), cataracts of the eyes, photokeratitis, pterygium (red, fleshy growth in inner eyes), eye macular degeneration, immunosuppression and premature skin ageing," she said when contacted yesterday.

Ultraviolet (UV) radiation is a form of non-ionising radiation

that is emitted by the sun and artificial sources, according to the World Health Organization (WHO).

Sharifa Ezat said certain groups of people are more at risk against UV rays, including children, outdoor workers, fair-skinned people and those with pre-existing moles that might turn malignant, as well as those with a history of skin cancer.

"Protective strategies include using sunscreen, limiting time outdoors, seeking shaded cool areas, wearing protective equipment (such as umbrellas, hats and long-sleeved clothes), using sunglasses and avoiding getting artificial tanning devices (sunbeds)," she said.

According to her, the most common types of skin cancer in the country are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC).

"WHO has come up with an

index, which is the Global Solar UV Index (UVI) that indicates the potential of skin damage," she said, adding that it can be helpful to know how harmful UV radiation can be on a given day.

WHO had taken steps to reduce the burden of disease resulting from exposure to UVR.

The Global Solar UV Index (UVI), an information tool that describes the level of solar UVR at the Earth's surface, was developed by WHO, the United Nations Environment Programme (Unep), the World Meteorological Organization (WMO) and the International Commission on Non-Ionizing Radiation Protection (ICNIRP).

The UVI serves as an indicator of the potential for skin damage.

It alerts people about the need to adopt protective measures when exposed to UVR.

The higher the UVI value, the greater the potential for damage to the skin and eye, and the less

## Key facts about ultraviolet radiation (UVR)

### What is UVR?

- Invisible and can't be felt.
- Comes from the sun and artificial sources (e.g. medical, cosmetic, industrial).

### Health effects

- Small amounts of UVR are beneficial to health and play an essential role in the production of vitamin D.
- However, excessive exposure to UVR is associated with negative health consequences as UVR is carcinogenic to humans.

### Risks

- Solar UVR reaches us **daily**, even when it's cloudy.
- Globally in 2020, over **1.5 million** cases of skin cancers were diagnosed and

over **120,000** skin cancer-associated deaths were reported, according to WHO.

■ **Children and adolescents** are particularly vulnerable to the harmful effects of UVR due to their skin and eye structure.

### What is the Ultraviolet Index (UVI)?

■ The UVI describes the level of solar UVR at the earth's surface. The values range from below 2 (low) to the higher index value which is more than 11 (extreme).

Exposure category	UVI range
Low	<2
Moderate	3-5
High	6-7
Very high	8-10
Extreme	>11

### Highest UV index in some Asean countries

Asean countries	Ultraviolet Radiation Index (UVI)
Malaysia	13 Extreme
Thailand	12 Extreme
Brunei	12 Extreme
Myanmar	12 Extreme
Vietnam	12 Extreme
Indonesia	12 Extreme
Singapore	11 Extreme
Cambodia	11 Extreme
Laos	10 Very High

Sources: World Health Organization (WHO), Malaysian Meteorological Department (MetMalaysia) and various

The Stargraphics

time it takes for harm to occur.

Sun protection measures should be used when the UVI reaches three or above.

Public health expert Datuk Dr Zainal Ariffin Omar warned that the UV rays may have an impact on our skin and eyes.

"They can cause sunburn, premature ageing such as wrinkles and dark spots, as well as eye damage (cataracts, photokerati-

tis)," he warned.

The public is told to take steps to protect themselves from UV radiation, including using sun glasses and seeking shade during peak hours.

"UV rays are the strongest at about 10am to 4pm; the public needs to limit sun exposure during these hours. The best way is to try and stay safe under the sun," he said.

## Air quality improves, only two areas remain unhealthy

**PETALING JAYA:** Malaysia's air quality improved significantly yesterday, with only two locations recording unhealthy levels compared to nine areas on Monday, based on the Air Pollutant Index (API) readings, according to the Environment Department (DOE).

As of 5.30pm yesterday, DOE's Air Pollutant Index Management System (APIMS) website recorded two locations which are under the "unhealthy" category. They are Johan Setia, in Klang, Selangor, with the highest reading of 154 and Nilai, Negri Sembilan, at 117.

An API reading of 0-50 is categorised as good; 51-100 as moderate; 101-200 as unhealthy; 201-300 as very unhealthy; and any-

### Areas with unhealthy API readings

(as at 5.30pm on July 22)

Johan Setia, Selangor	154
Nilai, Negri Sembilan	117

Source: DOE The Stargraphics

thing above 300 is hazardous.

Sixty-five areas across the country saw "moderate" air quality levels with API between 53 and 96, compared to Monday (July 21)

when 55 locations were under this category.

The API in Seremban, Negri Sembilan, which was 157 on Monday, improved to 80 by yesterday evening.

At 10am yesterday, Bernama reported that four locations were recorded as having unhealthy air quality based on the API readings.

The locations are Seremban (155), Nilai (154), Johan Setia (151) and Balok Baru Kuantan, Pahang (140).

Readings ranging from 101 to 200 could impact vulnerable groups including the elderly, children and those with respiratory issues.

The Melaka Health Department

is monitoring cases of asthma, conjunctivitis and upper respiratory tract infections (URTI) following unhealthy API readings recorded in several areas of the state since Sunday.

State Health, Human Resources and Unity Committee chairman Datuk Ngwe Hee Sem said that as of epidemiological week 29 (ending July 19), there has been no significant rise in cases compared to previous weeks.

"Surveillance data from week 23 (June) to week 29 show stable trends, but monitoring will continue as a precaution," he said outside the Melaka State Legislative Assembly sitting at Seri Negeri yesterday.

Ngwe said the state is managing haze-related health risks under the Health Ministry's Guidelines for Haze-Related Health Management, issued in 2020, and is prepared to act in line with the National Haze Action Plan if conditions worsen.

He urged the public, especially high-risk groups such as children, the elderly and those with chronic illnesses to minimise outdoor exposure, remain indoors when possible, limit physical activity, wear face masks outdoors and stay well-hydrated.

More information on haze-related health precautions is available at [www.infosihat.gov.my](http://www.infosihat.gov.my) and [www.moh.gov.my](http://www.moh.gov.my).



The star m/s 12 Nation 23/7/2025 (Rabu)

# Most M'sian women still unaware

## Experts say misconceptions, lack of awareness persist with cervical cancer

By FAZLEENA AZIZ

fazleena@thestar.com.my

**PETALING JAYA:** The biggest barrier to preventing cervical cancer and human papillomavirus (HPV) is the failure to recognise personal risk, says Prof Dr Muralitharan Munisamy.

The National Cancer Society Malaysia (NCSM) managing director said many women wrongly believe they are not at risk because they feel healthy.

"The gap lies in the perception that I'm healthy, so I don't see the need for vaccination or screening.

"Another issue is ignorance – many assume HPV is only spread through sex, and since they have only one partner, they believe they're not at risk," he said.

He was responding to Health Minister Datuk Seri Dr Dzulkefly Ahmad's statement that more than 10,500 Malaysian women tested positive for HPV over the past five years through cervical cancer screening efforts.

Dr Muralitharan also said many women are willing to spend on spas or beauty treatments but hesitate to invest in health screenings or vaccinations.

He said following the success of the 'Leaving No One Behind' HPV vaccination

programme last year, NCSM plans to partner with general practitioners to offer 70% subsidies for screenings.

"We are changing our approach. Instead of waiting for patients to come to us, we'll go to them," he said.

Echoing the concern, Malaysian Council for Child Welfare advisor Datuk Dr Raj Abdul Karim said many women do not take their health seriously enough.

"Many women don't realise that silent blood pressure or diabetes affects your health and even cancer can be invisible at times.

"As such, we need more advocacy and programmes for women on this, to emphasise that even if they feel well, they still need to get screening," she added.

She said the HPV vaccine can prevent high-risk strains linked to cervical cancer.

"So we need to accelerate the intake of the vaccine and have access to more screening among women, since cervical cancer is preventable," she added.

Dr Raj also recommended regular Pap smears for women aged 20 to 50, especially those who are sexually active.

She said HPV DNA self-sampling could help eliminate cultural taboos and expand access for rural and vulnerable groups.

Women's Aid Organisation executive director Nazreen Nizam said the conversation must shift from blaming women to addressing the systemic inequalities that limit access to healthcare.

She said despite the introduction of the HPV vaccine in 2019, the lack of consistent and widespread public education has left many women unaware of its importance or how to access it.

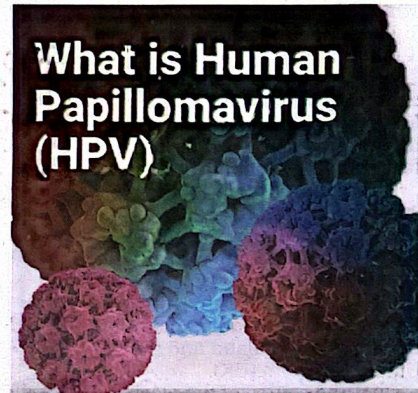
"The government must invest in sustained, multilingual and culturally relevant public awareness campaigns, and ensure that screening services and vaccines are free or subsidised for all women, regardless of their citizenship or location.

"One possibility is to introduce age-based automatic subsidies for screenings, integrated into existing public healthcare systems and even GP clinics, so that it becomes part of routine care.

"But access alone isn't enough – the healthcare environment must also be safe, non-judgmental and respectful of women's autonomy and lived realities," she said.

HPV is the leading cause of cervical cancer, and any sexually active person can contract it.

In Malaysia, cervical cancer is the second most common cancer among women aged 15 to 44.



### What is Human Papillomavirus (HPV)

- HPV is a common sexually transmitted infection with most sexually active people getting infected at some point.
- HPV can affect the skin, genital area and throat. Most HPV infections are harmless and resolve on their own, but some types can lead to long-term health issues.
- Cervical cancer is the most common type of cancer caused by HPV, other less common cancers affecting men and women include anal, vulvar, vaginal, mouth/throat and penile cancers.
- Cancers from HPV can be prevented with vaccines. Currently, cervical cancer is the only HPV-caused cancer for which screening tests are available.
- HPV vaccines are available in Malaysia and are an effective way to prevent infection and cervical cancer.

Source: World Health Organisation (WHO)

The Star graphics

## 'Women don't prioritise their own health'

**PETALING JAYA:** Despite human papillomavirus (HPV) being widespread in Malaysia, many women remain unaware of the serious health risks it poses.

According to the World Health Organisation (WHO), HPV is a common sexually transmitted infection, with nearly all sexually active individuals contracting it at some point, often without symptoms.

High-risk HPV can lead to various cancers, including cervical, anal, oropharyngeal, penile, vaginal and vulvar cancers.

Health Minister Datuk Seri Dr Dzulkefly Ahmad recently revealed that over 10,500 women in Malaysia tested positive for HPV through cervical cancer screenings over the past five years, and 65% of women have not undergone any screenings in the past three years.

Nurse Venmathi Pradeep Kumar, 24, from Ampang, said women often put others' health before their own.

"I think this is where perhaps the workplace can fund or organise health screenings for female employees.

"There can also be more culturally sensitive and inclusive health promotions or educational programmes, either at workplaces or schools," she said.

Librarian Erin Carina Jauti, 24, from Kuala Lumpur, said many women deprioritise health check-ups, including HPV screening.

"It's not because they don't care, they may not have the means either financially or physically.

"Like if you have to choose between seeing a doctor or paying rent or other com-

mitments, which one would you choose?

"There are also rural women, who may find topics like period or cervical examination shameful," she said.

She called for more open conversations on HPV to break the stigma.

She also suggested outsourcing screenings to general clinics at subsidised rates for wider access.

Assistant manager Ang Xiwen, 32, from Kuala Lumpur, noted that the lack of urgency stems from poor awareness.

"I think the awareness itself among women is not strong enough, and that's why I don't feel the need to pay for screening.

"But I would appreciate it if the company provides free screenings for their female employees," she said.

Bank employee Alia A., 27, from Kuala Lumpur, admitted she was unaware of HPV-related risks.

She urged the Health Ministry to intensify awareness efforts and make screenings part of employee medical benefits.

"I will gladly go to any GP to get a mandatory screening," she said.



# Rampas produk beracun RM5.2 juta

**Georgetown:** Operasi bersepadu Cawangan Penguatkuasaan Farmasi (CPF) Jabatan Kesihatan Negeri ini ke atas enam premis di sekitar Kepala Batas pada Selasa lalu merampas produk tradisional tidak berdaftar disyaki mengandungi racun bernilai RM5.2 juta.

Operasi dengan kerjasama polis dan Suruhanjaya Syarikat Malaysia (SSM) Pulau Pinang itu merampas 71,000 botol produk tradisional tidak berdaftar, lebih 500 paket bahan mentah disyaki mengandungi racun berjadual serta dua mesin.

Pengarah Kesihatan Negeri, Datuk Dr Fazilah Shaik Allaudin berkata, operasi adalah komitmen tegas Kementerian Kesihatan Malaysi (KKM) dalam menangani aduan orang awam dan membanteras penjualan produk tidak berdaftar serta yang dicampur dengan racun.

“Pengguna dinasihatkan supaya berhati-hati dan tidak mudah terpengaruh dengan iklan atau testimoni di laman sesawang,

platform media sosial dan aplikasi e-dagang yang membuat dakwaan perubatan tidak munasabah,” katanya dalam kenyataan semalam.

Dr Fazilah berkata, pemilikan racun berjadual untuk dijual tanpa lesen racun yang sah adalah satu kesalahan di bawah Akta Racun 1952 yang boleh dikenakan denda maksimum RM50,000 atau penjara sehingga lima tahun, atau kedua-duanya.

Sementara itu, beliau berkata, menjual produk tidak berdaftar dan kosmetik yang tidak dinotifikasikan melanggar Peraturan-Peraturan Kawalan Dadah dan Kosmetik 1984 dan boleh dihukum di bawah Akta Jualan Dadah 1952.

Bagi kesalahan pertama, hukumannya ialah denda tidak melebihi RM25,000 atau penjara sehingga tiga tahun atau kedua-duanya; manakala bagi kesalahan berikutnya, dendanya boleh mencecah sehingga RM50,000 atau penjara sehingga lima tahun, atau kedua-duanya.



SEKITAR operasi bersepadu Cawangan Penguatkuasaan Farmasi (CPF) Jabatan Kesihatan Negeri Pulau Pinang ke atas enam premis di sekitar Kepala Batas pada Selasa lalu.





thesun mls 4 National 23/7/2025 (Rabu)

# Serious health threat warning as haze returns

➤ Exposure to fine particles, toxic gases could lead to long-term respiratory diseases such as asthma, develop certain cancers, says academic

BY KIRTINEE RAMESH  
newsdesk@thesundaily.com

**PETALING JAYA:** As haze once again descends on parts of Malaysia, experts are sounding the alarm over its serious and far-reaching health consequences – from exacerbated respiratory conditions and increased hospitalisations to possible links with lung cancer.

Universiti Kebangsaan Malaysia (UKM) lecturer and consultant respiratory physician Assoc Prof Dr Ng Boon Hau said haze is strongly associated with the worsening of respiratory illnesses such as asthma and chronic obstructive pulmonary disease (COPD).

"The fine particles and toxic gases present in the haze can make breathing increasingly difficult, triggering symptoms such as coughing, wheezing and shortness of breath.

"Patients with asthma or COPD may experience more frequent and severe flare-ups during haze periods, sometimes requiring changes in medication or even hospitalisation," he said.

Ng also highlighted rising concerns over a potential uptick in lung cancer cases linked to haze exposure.

"While more research is needed to establish a direct link, prolonged exposure to airborne pollutants – particularly fine particulate matter like PM2.5 – has been associated with higher risks of developing long-term respiratory diseases and certain cancers," he said.

UKM respiratory unit head and consultant respiratory physician Assoc Prof Dr Andrea Ban Yu-Lin warned that chronic exposure to haze can lead to reduced lung function and ongoing airway inflammation.

"Children and the elderly are particularly vulnerable during haze season.

"Children's lungs are still developing and are more sensitive to air pollutants, while older individuals often have weaker respiratory systems and declining physiological function."

She added that individuals with chronic



Nik Nuratiqah advised the public to wear proper protective mask, limit outdoor activities and to stay hydrated to soothe the respiratory tract. – ADAM AMIR HAMZAH/THESUN

health conditions including asthma, COPD, interstitial lung disease, heart problems or obesity, face an even greater risk. Haze exposure can worsen these illnesses, sometimes resulting in severe symptoms that require emergency treatment or hospital admission.

Backing this concern, she cited a local study conducted from January 2014 to December 2015.

"The study recorded a significant increase in respiratory-related hospital admissions during Southeast Asia's haze period.

"Over the 16 weeks of haze, hospitalisations nearly doubled, with more patients requiring intensive care.

"The haze not only led to more asthma and COPD admissions but also worsened chronic heart and lung conditions, especially in medically vulnerable individuals," she said.

Beyond respiratory health, UKM public health medicine specialist Prof Dr Sharifa Ezat Wan Puteh pointed out that the impact of haze stretches well beyond the lungs.

"Haze can reduce visibility and increase the risk of road crashes, especially during

## CURRENT HAZE ALERT: UNHEALTHY & MODERATE

(API 100 - 200 : UNHEALTHY)  
\*As of 5PM - July 22

Nilai, NEGERI SEMBILAN	117
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(API 51 - 100 : MODERATE)  
\*As of 5PM - July 22

Banting, SELANGOR	95
Putrajaya, W.P PUTRAJAYA	89
Klang, SELANGOR	87
Port Dickson, NEGERI SEMBILAN	86
Mukah, SARAWAK	85
Batu Muda, W.P KUALA LUMPUR	82
Petaling Jaya, SELANGOR	82
Seri Manjung, PERAK	79
Sungai Petani, KEDAH	76
Alor Gajah, MALACCA	74

Source: DOE Malaysia / APIMS

peak hours.

"It also traps heat, worsening already high temperatures and leading to heat-related illnesses," she said.

In agriculture, prolonged haze can reduce crop yields and may contribute to food insecurity, she added.

On the health front, haze exposure can trigger a wide range of symptoms, including eye and skin irritation, throat dryness and general respiratory discomfort.

She said fine airborne particles can settle on the skin, causing itchiness or dermatitis, while inhalation of pollutants can lead to coughing, breathlessness or chest tightness, particularly for those with pre-existing conditions.

UKM lecturer and consultant respiratory physician Dr Nik Nuratiqah

Nik Abeed advised the public to wear proper protective masks, such as N95 respirators and to limit outdoor activities.

"Stay hydrated to soothe the respiratory tract. Those with asthma or COPD must strictly follow their treatment plans to avoid complications," she said.



Harian Metro M/s 10 Lokal 23/7/2025 (Rabu)

**Kuala Lumpur:** Empat kawasan mencatatkan bacaan Indeks Pencemaran Udara (IPU) tidak sihat setakat 10 pagi semalam.

Menurut portal Sistem Pengurusan Indeks Pencemaran Udara Malaysia Jabatan Alam Sekitar (JAS),

kawasan itu adalah Seremban, Negeri Sembilan dengan bacaan IPU 155, Nilai (154), Johan Setia di Selangor (151) dan Balok Baru Kuantan, Pahang (140).

Menurut klasifikasi JAS bacaan IPU 101 hingga 200 yang boleh memberikan kesan kepada golongan berisiko tinggi termasuk warga emas, kanak-kanak

serta individu hidap penyakit pernafasan.

Data IPU dikeluarkan setiap jam berdasarkan 68 stesen pengawasan kualiti udara di seluruh negara

dan orang ramai boleh merujuk laman sesawang <https://eqms.doe.gov.my/APIMS/main> atau memuat turun aplikasi MyJAS EQMS di Google Play atau

App Store.

Kementerian Kesihatan juga mengeluarkan nasihat kesihatan dan langkah pencegahan semasa jerebu yang boleh didapati menerusi laman sesawang [www.moh.gov.my](http://www.moh.gov.my). - Bernama

## Empat kawasan catat bacaan IPU tidak sihat



Harian Negeri m.c. 10  
No. 23/7/2023  
**Galak pakai** (Rabu)  
**pelitup muka**

**Ayer Keroh:** Kerajaan negeri menggalakkan orang ramai memakai pelitup muka susulan keadaan jerebu rentas sempadan yang menyebabkan bacaan Indeks Pencemaran Udara (IPU) tidak sihat direkodkan di Melaka.

EXCO Kesihatan, Sumber Manusia dan Perpaduan negeri, Datuk Ngwe Hee Sem berkata, selain itu, masyarakat juga digalakkan mengurangkan aktiviti luar bagi mengelakkan terkesan dengan pelbagai penyakit berpunca daripada jerebu.

Beliau menasihatkan orang ramai khususnya golongan berisiko tinggi seperti kanak-kanak, warga emas dan pesakit kronik supaya menjaga kesihatan dan mengambil langkah pencegahan sewajarnya sekiranya mempunyai gejala penyakit.

“Kurangkan pendedahan kepada udara berjerebu dengan berada di dalam rumah atau bangunan tertutup, hadkan aktiviti luar dan pakai pelitup muka jika berada di luar serta minum air kosong yang mencukupi dan lakukan pemantauan kesihatan sendiri.

“Orang ramai juga diminta mendapatkan rawatan segera di klinik atau hospital berhampiran sekiranya mengalami gejala seperti sesak nafas, batuk, selsema, konjunktivitis atau serangan asma,” katanya.