



22 JULAI 2025
STATUS KUALITI UDARA TERKINI
22 JULY 2025
LATEST AIR QUALITY STATUS

Malaysia sedang mengalami keadaan jerebu yang mencatatkan bacaan IPU sederhana hingga tidak sihat. Jerebu ini berlaku akibat asap rentas sempadan daripada kebakaran hutan dan tanah gambut di Sumatera dan Kalimantan, yang turut digabungkan dengan kebakaran tempatan dan pencemaran.

Malaysia is currently experiencing haze conditions, with API readings ranging from moderate to unhealthy. This is due to transboundary smoke haze from forest and peatland fires in Sumatra and Kalimantan, with local fires and pollution.

LANGKAH KESIHATAN PENTING
SEMASA KUALITI UDARA TIDAK SIHAT

IMPORTANT HEALTH MEASURES
DURING UNHEALTHY AIR QUALITY

Alat Peralatan Perlindungan
Personal Protective Equipment



- Sentiasa pakai pelitup muka N95 dan gunakan dengan betul semasa aktiviti luar.
- Always wear an N95 face mask and ensure it is worn correctly during outdoor activities.
- Bawa pelitup tambahan sebagai langkah berjaga-jaga sekiranya hilang atau rosak.
- Carry an extra mask as a precaution in case it gets lost or damaged

Pengurusan Hidrasi dan Kesihatan
Hydration and Health Management



- Kekal terhidrat dengan membawa botol air dan minum secara kerap
- Stay hydrated by carrying a water bottle and drinking regularly
- Elakkan aktiviti fizikal berat jika tidak sihat
- Avoid intense physical activity if you are feeling unwell.
- Sila ambil langkah tambahan jika anda tergolong dalam kumpulan berisiko tinggi seperti warga emas, kanak-kanak, wanita hamil, atau individu dengan asma dan penyakit jantung
- Take extra precautions if you are in a high-risk group such as the older adults, children, pregnant women, or individuals with asthma or heart disease.
- Sentiasa bawa ubat peribadi seperti inhaler atau antihistamin untuk pernafasan
- Always carry personal medication such as an inhaler or antihistamines for respiratory issues.

Pengubahsuaian Aktiviti
Activity Modification



- Hadkan masa berada di luar.
- Limit time spent outdoor.
- Cari perlindungan dalaman semasa tempoh puncak jerebu.
- Take shelter during peak haze period.
- Pantau simptom - perhatikan kesukaran bernafas, batuk berterusan, atau keletihan
- Monitor symptoms - watch for difficulty breathing, persistent cough, or fatigue.

LANGKAH KESELAMATAN DALAMAN
INDOOR SAFETY MEASURES



- Tutup tingkap dan pintu
- Keep windows and doors closed
- Guna pendingin hawa dengan penapis baik
- Use air conditioning with good filtration
- Elakkan pencemar dalaman seperti asap dan bahan kimia
- Avoid indoor pollutants like smoke and strong chemicals
- Guna pembersih udara jika perlu
- Use an air purifier if needed
- Elakkan aktiviti di luar
- Avoid outdoor activities

MAKLUMAT LANJUT
FOR MORE INFO

Portal APIMS Malaysia:
Malaysia APIMS Portal: <https://apims.doe.gov.my>

Periksa sebelum bertolak dan pantau sepanjang aktiviti dijalankan.

Check before departure and monitor throughout activities

Sila rujuk panduan rasmi Jabatan Alam Sekitar (JAS), Kementerian Pendidikan Malaysia (KPM) dan Kementerian Kesihatan Malaysia (KKM) bagi keputusan berkaitan sekatan atau pembatalan aktiviti.

For decisions on activity restrictions or cancellations, please refer to official guidance from the Department of Environment (DOE), Ministry of Education (MOE) and Ministry of Health (MOH)

BILA PERLU DAPATKAN RAWATAN PERUBATAN SEGERA
WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION

- Batuk berterusan
- Persistent coughing
- Sakit atau sesak dada
- Chest pain or tightness



- Sesak nafas
- Severe shortness breath
- Keletihan melampau
- Extreme fatigue or dizziness

Hubungi Perkhidmatan Kecemasan (999) atau lawat klinik terdekat jika mengalami simptom berkenaan

Contact Emergency Services (999) or visit nearest clinic if experiencing the listed symptom

Kekal Selamat, Kekal Bermaklumat, Kekal Sihat!

Stay Safe, Stay Informed, Stay Healthy!



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