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SUNGEI TENGAH LODGE

1. Hotter Climate and Heatwave

All tenants and residents need to protect oneself from excess heat, it is important to drink more water/fluids to remain hydrated and to avoid drinks like coffee, tea and alcohol. It is advisable to wear loose clothing that is breathable to allow accumulated perspiration to evaporate and thereby reducing body heat. Avoid strenuous activities outdoor between 11am and 2pm when the sun is at its peak. Rinsing off bodily areas that have skin folds trapping perspiration example necks and joints.



Water Dispensers are provided to keep residents hydrated

2. Hari Raya Haji Prayers

29 June 2023 is a declared public holiday for Hari Raya Haji. This occasion is also known as the Festival of Sacrifice. The festival marks the end of the annual holy pilgrimage to Mecca and demonstrates each practicing Muslim's submission to Allah and sacrifice were carried out.

In Sungei Tengah Lodge, we have worked with the authorities and MUIS to set aside space for our Muslim brothers at each of the 5 clusters. Prayers were said and sermons read out, this practice also helps the devotees remember those who are less fortunate.



STLodge allocated a space for Muslim prayer



Muslim Residents celebrated Hari Raya Haji

3. Road Safety and tips to Drivers

Recently there was a serious accident outside Sungei Tengah Lodge and we advise all drivers to exercise patience and graciousness.

Stay alert, drive carefully and follow traffic rules, signs and signals

Drivers to follow these safe-driving tips and habits

1. Never drink and drive
2. Never get behind the wheel when you're tired
3. Put on your seat belt and ensure your front passenger do the same and all passengers safely seated
4. Always check your blind spot – avoid changing lanes at bends
5. Signal early – do not overtake unless the road is clear and never do so at bends and corners
6. Do not tailgate and keep a safe following distance from fellow road users
7. Always keep in mind the existence of road hazards

Keep a lookout for smaller or vulnerable road users, such as cyclists or power-assisted bicycle users, children, elderly and pedestrians who may dash across the road



Drivers to be careful with pedestrian crossing



Drivers to keep in mind Road Signages

4. Haze

HAZE 应对烟霾情况的 健康指示
HEALTH ADVISORY

Would you know what precautions to take if the haze levels rise?
 Here are some guidelines.
 当烟霾情况加剧，您是否知道应该采取什么防范措施来保护自己？
 这里为您提供一些建议。

24-HOUR PSI FORECAST
 24小时空气污染指数预测

PSI Level	HEALTHY PERSONS (健康人士)	ELDERLY, PREGNANT WOMEN, CHILDREN (长者、孕妇、儿童)	PERSONS WITH CHRONIC LUNG DISEASE OR HEART DISEASE (患有慢性疾病的心脏病患者)
0 - 50 (Good 良好水平)	Continue with normal activities (继续进行日常活动)	Continue with normal activities (继续进行日常活动)	Continue with normal activities (继续进行日常活动)
51 - 100 (Moderate 适中水平)	Continue with normal activities (继续进行日常活动)	Continue with normal activities (继续进行日常活动)	Continue with normal activities (继续进行日常活动)
101 - 200 (Unhealthy 不健康水平)	Reduce prolonged or strenuous outdoor physical exertion (减少长时间或激烈的户外体力活动)	Minimise prolonged or strenuous outdoor physical exertion (尽量避免长时间或激烈的户外体力活动)	Avoid prolonged or strenuous outdoor physical exertion (避免长时间或激烈的户外体力活动)
201 - 300 (Very Unhealthy 非常不健康水平)	Avoid prolonged or strenuous outdoor physical exertion (避免长时间或激烈的户外体力活动)	Minimise outdoor activity (尽量避免户外活动)	Avoid outdoor activity (避免户外活动)
> 300 (Hazardous 危险水平)	Minimise outdoor activity (尽量避免户外活动)	Avoid outdoor activity (避免户外活动)	Avoid outdoor activity (避免户外活动)

MOH Haze health advisory

All tenants and residents need to ensure that they have sufficient N95 face masks as there is a higher risk of transboundary haze hitting Singapore from June due to drier and warmer weather conditions. While N95 masks are not needed indoors or during short exposure such as commuting, a healthy person who has to be outdoors for several hours when the air quality is in the hazardous range can reduce exposure by wearing an N95 mask.

The Singapore's 24-hour PSI one-hour PM2.5 concentration reading gives an indication of the current air quality and recommended action as follows:

Band 1 (Normal) 0 – 50
 Band 2 (Elevated) 51 – 100

Band 3 (High) 101 – 250

Band 4 (Very High) >= 251

Band 5 (Hazardous) > 300

Continue with normal activities
 Reduce strenuous outdoor activity for next hour and vulnerable persons to avoid strenuous outdoor activity for the next hour

Avoid strenuous outdoor activity for next hour and vulnerable persons to avoid all outdoor activity for the next hour

Avoid all outdoor activity for next hour and vulnerable persons to avoid all outdoor activity for the next hour

Minimise outdoor activity and vulnerable persons to avoid outdoor activity.