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## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

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**To:** All HAN Recipients  
**From:** Maine CDC on behalf of the Maine Department of Environmental Protection  
**Subject:** **Maine DEP Issues Air Quality Alert for Thursday, August 12**  
**Date / Time:** Thursday, August 12, 2021 at 10:08AM  
**Pages:** 2  
**Priority:** **High**  
**Message ID:** 2021PHADV019

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### AIR QUALITY ALERT

*This message from the Maine Department of Environmental Protection is being forwarded by the Maine Center for Disease Control and Prevention to ensure widest visibility.*

Ground-level ozone concentrations will be climbing in Maine on Thursday and are expected to reach unhealthy levels for the Southwest Coast and the high elevations of Acadia NP according to the Maine Department of Environmental Protection (DEP). Ozone levels in southern New England began ramping up on Wednesday with transport of ozone and its precursors toward Maine later today and tomorrow. Meanwhile, some smoke is expected to combine with regional particle pollution to push particle pollution to moderate levels statewide tomorrow.

At elevated ozone levels, children, healthy adults who exert themselves, and individuals suffering from a respiratory disease such as asthma, bronchitis or COPD can experience reduced lung function and irritation. When this happens, individuals may notice a shortness of breath, coughing, throat irritation, and/or experience an uncomfortable sensation in their chest.

Some actions you can take to protect your health during periods of unhealthy air quality include:

- Adjusting your schedule to avoid strenuous outdoor activity during the afternoon.
- Please consult the Maine CDC website for information on the health impacts of extreme heat and appropriate actions to take (<http://www.maine.gov/dhhs/mecdc/environmental-health/heat/>).
- The Maine CDC Asthma Prevention and Control Program has asthma information available at their web site: <https://www.maine.gov/dhhs/mecdc/population-health/mat/>

- For more information on asthma control visit EPA's Web site (<https://www.epa.gov/asthma>) to find information about asthma triggers and lessons on asthma management.

In addition to those in a sensitive group, sports coaches, elder care workers, nurses and others who are responsible for the welfare of people impacted by poor air quality are urged to use one of the listed tools to follow the Air Quality Forecast:

- **Air Quality Forecast page:** <http://www.maine.gov/dep/air/ozone/> which has links to:
  - **EnviroFlash**, EPA's email and text alert system, <http://www.maine.gov/dep/air/ozone/enviroflash.html>
  - **Twitter**, for sign up information go to: <http://www.maine.gov/dep/air/ozone/twitter.html>
  - **EPA's mobile app** is available at: <https://www.airnow.gov/airnow-mobile-app/>
- **DEP's toll free air quality hotline** is 1-800-223-1196

For more information call the contacts listed above or go to DEP's air quality web site: <http://www.maine.gov/dep/air/ozone/>.

*For additional information, contact:*  
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