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Maine Health Alert Network (HAN) System

PUBLIC HEALTH ADVISORY

To: All HAN Recipients
From: Maine CDC on behalf of the Maine Department of Environmental Protection
Subject: Air Quality Alert for Wednesday, June 19, 2024
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Air Quality Alert for Wednesday, June 19, 2024

Ground-level ozone concentrations are expected to reach the 'Unhealthy for Sensitive Groups' (USG) level on Wednesday, June 19, 2024, according to Air Quality Meteorologists at the Maine Department of Environmental Protection.

Ozone is expected to reach USG levels along the coast from Kittery through Acadia NP on Wednesday. The Downeast Coastal and Western Interior regions are expected to reach moderate levels. Meanwhile, Particle Pollution is expected to be Moderate statewide on Wednesday.

USG levels of ozone began in southern New England on Tuesday and this airmass is projected to move into Maine for Wednesday.

On Thursday, a front is expected to push down from the north and currently Air Quality Forecasters are expecting Moderate levels of ozone along the coast and GOOD elsewhere. For Particle Pollution the Northern region is expected to be GOOD while the rest of the state is likely to remain in the Moderate range. However, please check the website Thursday morning for the finalized forecast.

At elevated ozone levels, children, the elderly and individuals suffering from respiratory or heart diseases such as asthma, bronchitis or COPD can experience reduced lung function and irritation. In addition, healthy adults who exert themselves outdoors may also notice these health effects. Affected individuals may notice symptoms such as coughing, shortness of breath, throat irritation and/or experience mild chest pain.

Some actions you can take to protect your health during such periods of include:

- Avoiding strenuous outdoor activity
- Closing windows and circulating indoor air with a fan or air conditioner
- Asthmatics should keep their quick-relief medications and action plan handy

Additional health information may be found on the following websites:

- Maine CDC asthma prevention and control: <https://www.maine.gov/dhhs/mecdc/population-health/mat/>
- USEPA's asthma control and management: www.epa.gov/asthma
- AIRNOW for smoke impacted areas: <https://www.airnow.gov/air-quality-and-health/fires-and-your-health/>

In addition to those in a sensitive group, 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:

- **Maine DEP's Air Quality Forecast:** <http://maine.gov/dep/air/aqforecast>
- **Maine DEP's Air Quality Hotline:** 1-800-223-1196
- **USEPA's EnviroFlash email and text alert system:** <http://www.maine.gov/dep/air/ozone/enviroflash.html>
- **USEPA's AIRNOW Fire and Smoke Map:** <https://fire.airnow.gov/>
- **USEPA's AIRNOW Mobile App:** <https://www.airnow.gov/airnow-mobile-app/>
- **Governor Mills "Wildfires and Air Quality" Online Resource:** <https://www.maine.gov/governor/mills/wildfires>

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

For additional information, contact:
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