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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: **Maine DEP Issues Air Quality Alert for Monday, June 7, 2021**
Date / Time: Monday, June 7, 2021 at 9:00AM
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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 Monday June 7th and are expected to reach unhealthy levels according to the Maine Department of Environmental Protection (DEP). Ozone levels have been high upwind since June 2nd. High levels began around Lake Michigan and have been slowly migrating eastward. By Saturday June 5th southern New England had very high levels of ozone even reaching into the Unhealthy (red) category. Transport winds are expected to direct the higher values to Maine on Monday. The unhealthy levels of ozone are possible along the entire coastline and the Eastern Interior. Meanwhile Particle Pollution levels are expected to be in the Moderate range.

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: <http://www.maine.gov/dhhs/mecdc/population-health/mat/index.htm>
- For more information on asthma control visit EPA's Web site 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: <http://m.epa.gov/apps/airnow.html>
- DEP's **toll-free air quality hotline** is 1-800-223-1196

For more information:

- Martha Webster: (207) 446-6057 / martha.e.webster@maine.gov
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- <http://www.maine.gov/dep/air/ozone/>