



Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
286 Water Street  
11 State House Station  
Augusta, Maine 04333-0011  
Tel: (207) 287-8016; Fax (207) 287-9058  
TTY Users: Dial 711 (Maine Relay)

## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care Providers  
**From:** Maine CDC on behalf of the Maine Department of Environmental Protection  
**Subject:** Air Quality Alert for Southwest Coastal Region of Maine  
**Date / Time:** Tuesday, August 12, 2025, at 4:00PM  
**Priority:** Normal  
**Pages:** 2  
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### Air Quality Alert for Southwest Coastal Region of Maine

Ground-level ozone concentrations are expected to reach the “Unhealthy for Sensitive Groups” level according to the Maine Department of Environmental Protection.

Ozone is now expected to reach the “Unhealthy for Sensitive Groups” category this afternoon in the Southwest Coastal region which includes: the width of 1 to 2 towns wide along the coast from Kittery through Reid State Park. At the same time, particle pollution levels are continuing to run in the Moderate range due to wildfire smoke lingering in New England.

At elevated levels of particle pollution, 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 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](#)

- [USEPA's asthma control and management](#)
- [AIRNOW for smoke impacted areas](#)

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](#)
- Maine DEP's Air Quality Hotline: 1-800-223-1196
- [USEPA's EnviroFlash email and text alert system](#)
- [USEPA's AIRNOW Fire and Smoke Map](#)
- [USEPA's AIRNOW Mobile App](#)
- [Governor Mills "Wildfires and Air Quality" online resource](#)

For more information, go to [Maine DEP's air quality web site](#).

For additional information, contact David R. Madore, Deputy Commissioner  
[david.madore@maine.gov](mailto:david.madore@maine.gov)