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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 Wednesday, August 13
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Air Quality Alert for Wednesday, August 13

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

Ozone values in the rest of New England have been high for days. Ozone moved further into Maine overnight than expected. As yesterday’s ozone plume moves on during the morning hours, ozone values are expected to decrease; however, more ozone is expected to move in and form over the Gulf of Maine today. The entire coast, as well as both the Western and Eastern Interior regions, are now likely to reach the “Unhealthy for Sensitive Groups” category. These areas include all of York, Cumberland, Sagadahoc, Lincoln, Androscoggin, Kennebec, Knox, Waldo, Hancock, and Washington counties and the southern half of Penobscot County.

In addition, the Western Mountains and Northern regions are Moderate for ozone. Therefore, all other counties not mentioned above are Moderate for ozone. Meanwhile, the entire state is Moderate for particle pollution.

At this time, we believe the alert is for today, but if situations change rapidly, another alert could be in effect tomorrow, so please check the Air Quality Forecast webpage tomorrow morning.

At elevated ozone levels, children, older adults, those who work outdoors, 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
- If you have asthma, keep your 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](#).

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