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PUBLIC HEALTH ADVISORY

To: Health Care Providers
From: Dr. Isaac Benowitz, State Epidemiologist
Subject: Extreme Heat and Unhealthy Air Quality this Week
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Extreme Heat and Unhealthy Air Quality this Week

The National Weather Service has issued a set of Extreme Heat Watches, Extreme Heat Warnings, and Heat Advisories for much of the state for Wednesday, July 1, through Friday, July 3, 2026. Temperatures in the high 90s to 100s and high humidity will produce dangerous heat index (“feels like” temperature) values in the 100s-110s F. Some people will face a higher risk of heat-related illness due to underlying medical conditions or certain activities or behaviors. Clinicians should review clinical guidance and patient toolkits for high-risk groups.

In addition, the Maine Department of Environmental Protection has issued an air quality advisory for Wednesday, July 1, 2026, for elevated ozone levels in certain areas. Ground-level ozone concentrations are expected to reach the ‘Unhealthy for Sensitive Groups (USG)’ level in coastal areas from Kittery to Acadia National Park. At this level, providers should note the following guidance for patients:

- **Sensitive groups** should make outdoor activities shorter and less intense. It is okay to be active outside, but take more breaks, and plan outdoor activities for times when air quality is better. Watch for symptoms such as coughing or shortness of breath.
- **Those with asthma** should follow their action plans and keep quick-relief medications nearby.
- **Everyone else** should consider making outdoor activities shorter and less intense.

Providers should note that combined exposure to ozone and heat can cause additive health impacts. Providers should also ensure that guidance for patients takes all environmental conditions into consideration.

Review the following information:

- Maine Emergency Management Agency-issued press release on high heat from June 29, 2026: [LINK](#)
- Maine Department of Environmental Protection-issued press release on air quality from June 30, 2026: Attached
- Air Quality Alert Guidance for Health Care Providers: Ozone: Attached
- U.S. CDC heat health guidance for health care providers: <https://www.cdc.gov/heat-health/hcp/clinical-guidance/index.html>

For data on heat, heat-related illness, air quality, and respiratory conditions, visit the Maine Tracking Network: <https://data.mainepublichealth.gov/tracking/home>