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## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care Providers  
**From:** Dr. Puthiery Va, Maine CDC Director  
**Subject:** Air Quality Alert for Saturday, July 18  
**Date / Time:** Saturday, July 18, 2026, at 2:00PM  
**Priority:** High  
**Pages:** 1  
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### Air Quality Alert for Saturday, July 18

The Maine Department of Environmental Protection has issued an air quality advisory for Saturday, July 18, 2026, due to wildfire smoke drifting in from Manitoba and Ontario, Canada. Statewide particle pollution concentrations measured by a 24-hour average are expected to reach the 'Unhealthy for Sensitive Groups (USG)' level. 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.
- **Those with heart disease** should watch for palpitations, shortness of breath, or unusual fatigue and contact a healthcare provider if necessary.

Hourly particle pollution levels may fluctuate and move higher than the USG level. The Maine Department of Environmental Protection advises checking their website at <https://apps.web.maine.gov/cgi-bin/online/dep/air/aqforecast/index.pl> or calling their hotline at 1-800-223-1196 for up-to-date information.

Review the attached Maine Department of Environmental Protection-issued press release from July 17, 2026.

Review the attached Air Quality Alert Guidance for Health Care Providers: Particle Pollution

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