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## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care Providers  
**From:** Dr. Isaac Benowitz, State Epidemiologist  
**Subject:** Air Quality Alert for Tuesday, May 19  
**Date / Time:** Tuesday, May 19, 2026, at 9:30AM  
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### Air Quality Alert for Tuesday, May 19

The Maine Department of Environmental Protection has [issued an air quality advisory](#) for Tuesday, May 19, 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. 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.

In addition, the National Weather Service is forecasting unseasonable heat for Tuesday, May 19, with temperatures in the 80s and low 90s following a period of cooler weather. In these conditions, providers should additionally note that patients may not be acclimatized to hot weather, and may be more at risk of a heat-related illness – and that combined exposure to ozone and heat can cause additive health impacts. Providers should ensure that guidance for patients takes all environmental conditions into consideration.

Review the Maine Department of Environmental Protection-issued press release from May 18, 2026: [Maine DEP Warns of Elevated Ozone Levels on May 19, 2026](#) and attached.

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

Clinical guidance on heat health from CDC can be found here: <https://www.cdc.gov/heat-health/hcp/clinical-guidance/index.html>

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