



Maine Department of Health and Human Services

Maine CDC

Maine Center for Disease Control and Prevention

Current event information

The NWS Gray Forecast Office has issued a **Heat Advisory through 8 pm Tuesday 8/12** for the following area:

- **Androscoggin**, Central Interior and Interior Highlands **Cumberland**, Southern **Franklin**, **Kennebec**, Southern **Oxford**, Southern **Somerset**, Interior **Waldo**, and Interior **York Counties** <https://inws.ncep.noaa.gov/a/a.php?i=118711868>

The NWS Caribou Forecast Office has issued a **Heat Advisory through 8 pm Tuesday 8/12** for the following area:

- **Aroostook**, Interior **Hancock**, **Penobscot**, Southern **Piscataquis**, and Central and Northern **Washington Counties**: <https://inws.ncep.noaa.gov/a/a.php?i=118712523>

Heat index values forecast in the mid to upper 90s, reaching up to 100 in some areas. Weather is expected to remain hot through Wednesday, until cooler temperatures and possible storms arrive late in the week.

Given the nature and timing of this event, we are particularly concerned about the following groups:

- **Outdoor workers** and those who work in **hot indoor environments**, such as farmers and farm workers; road crews; construction workers; landscapers; roofers; restaurant workers, cooks, and bakers; painters; and welders
- Those engaging in **outdoor recreational activities** such as hiking, biking, or going to the beach
- Those **without access to air conditioning**, especially those who have **chronic health conditions** or **limited mobility**
- **Youth at summer camp**
- Those attending **outdoor events** such as road races, sporting events, or concerts

General guidance and resources

- CDC HeatRisk forecast: <https://www.wpc.ncep.noaa.gov/heatrisk/>
- CDC general heat/health resources: <https://www.cdc.gov/extreme-heat/about/index.html>
- Maine CDC heat safety information for outdoor and indoor workers: <https://maine.gov/cooldown>

- OSHA heat safety information for outdoor and indoor workers: <https://www.osha.gov/heat-exposure>
- Maine CDC information on heat-related illness: <https://www.maine.gov/dhhs/mecdc/healthy-living/health-and-safety/climate-and-health/heat-related-illness>
- Maine CDC tip sheet for general heat illness prevention: <https://www.maine.gov/dhhs/mecdc/sites/maine.gov.dhhs.mecdc/files/Extreme%20Heat%20-%20Tips%20to%20Beat%20the%20Heat%20-%20Maine%20CDC.pdf>
- **Maine CDC tip sheet with specific guidance for children:** <https://www.maine.gov/dhhs/mecdc/sites/maine.gov.dhhs.mecdc/files/Extreme%20Heat%20-%20Keeping%20Kids%20Safe%20-%20Maine%20CDC.pdf>
- MaineTracking Network dashboard with near real-time heat illness data: <http://data.mainepublichealth.gov/tracking/heat>