

WOOD SMOKE AND YOUR HEALTH

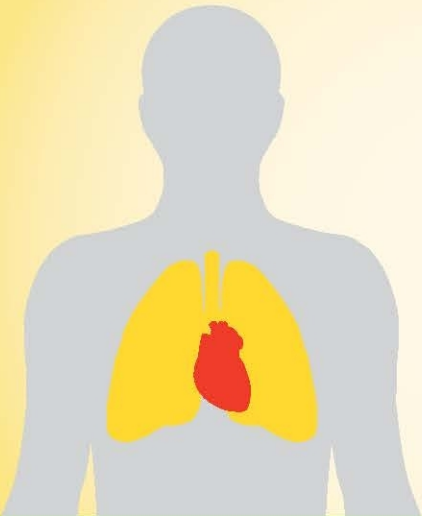
Wood smoke may smell good but it's not good for you. With a few simple steps you can help reduce wood smoke to protect your health and the air we breathe.

DID YOU KNOW?

One old, inefficient wood stove can emit as much air pollution as 5 dirty old diesel trucks.



Tiny particles in wood smoke can affect your health



HEART IMPACTS

Increases the risk of heart attack, irregular heartbeat, heart failure, stroke and early death.



LUNG IMPACTS

Triggers asthma attacks and aggravates other lung diseases and damages children's lungs.

WHO IS AT GREATER RISK?

Older adults

Children and teens

People with heart or lung disease

Four easy steps to reduce wood smoke

1

Burn dry, seasoned wood that has been split, stacked, covered and stored.



2

Test wood with a moisture meter (20% moisture or less is best).



3

Use a cleaner-burning gas or wood stove.



4

Provide sufficient air to the fire; never let it smolder.

