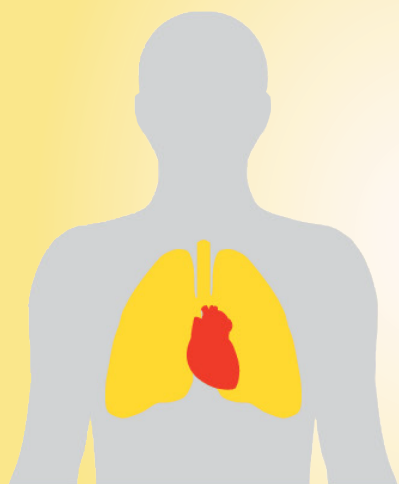


# WOOD SMOKE AND YOUR HEALTH

Wood smoke may smell good, but it's not good for you. Take steps to protect your health and the air we breathe.



## Tiny particles in wood smoke can affect your health



### Cardiovascular Effects

Can increase the risk of:

- Heart attack
- Irregular heartbeat
- Heart failure
- Stroke
- Early death.



### Respiratory Effects

May cause the following:

- Trigger an asthma attack
- Aggravate other lung diseases
- Early death.

You may be at increased risk if you are in any of these groups:

- Have heart or lung disease, or related risk factors, such as diabetes or obesity
- Are an older adult (65 and older)
- Are a child or teenager
- Are pregnant
- Work outdoors

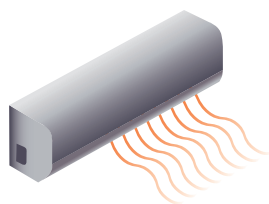
### DID YOU KNOW?

One old inefficient wood stove can pollute as much as 15 old diesel dump trucks.

## Four ways to reduce wood smoke

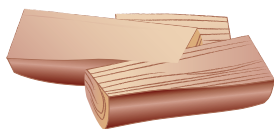
1

Use a cleaner heating device like a heat pump, gas stove, or EPA-certified wood pellet stove.



2

Burn dry, seasoned wood for a hotter fire and less smoke.



3

Test your wood with a wood moisture meter, (20% moisture or less burns best).



4

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



Learn more at [www.epa.gov/burnwise](http://www.epa.gov/burnwise)

