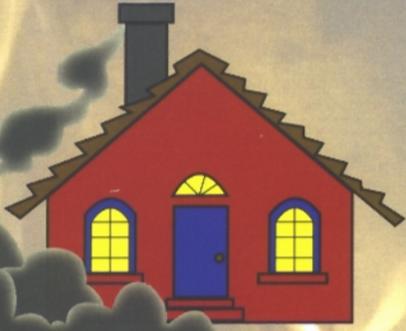


Wood Smoke: A Winter Health Problem



Just like tobacco smoke, wood smoke contains toxic air pollutants. But wood smoke can be difficult to avoid, especially on winter days when the air is filled with smoke from fireplaces in your neighborhood. If you burn wood, the smoke pollutes the air inside your home.

Smoke created by burning wood contains thousands of chemicals, such as carbon monoxide, benzene, formaldehyde and dioxin. It also contains fine particulate matter—very small particles that can lodge deep in your lungs and cause disease, aggravate asthma, and reduce your body's ability to fight infections. In the wintertime, smoke from woodstoves and fireplaces is a serious public health concern.

Fortunately, air pollution from wood burning can be reduced or eliminated. To find out how, see the other side of this card.

Tips for reducing wood smoke:

- Stop burning wood!
- Convert your fireplace to burn natural gas—it's cleaner and more convenient.
- If you must burn wood, use only dry, seasoned wood. Start with a small fire using softwoods.
- Never burn garbage, glossy paper, or wood that has been painted or treated.
- Don't burn wood when a *Spare the Air Tonight* advisory is issued.
- Ask your city council to adopt the *Model Wood Smoke Ordinance*. For background information, visit www.baaqmd.gov/pio/woodburning/ordinance_background.asp

For more information, contact:

The American Lung Association
of San Francisco & San Mateo Counties at
650.994.5864 • www.californialung.org

The Bay Area Air Quality Management District
at 415.749.4900 • www.baaqmd.gov

For advanced warning of Spare the Air
advisories, sign up at www.sparetheair.org

For daily air quality forecasts:

- Visit www.sparetheair.org/air_quality.asp
- Call 800.HELP.AIR (800.435.7247)
- Check your local newspaper

