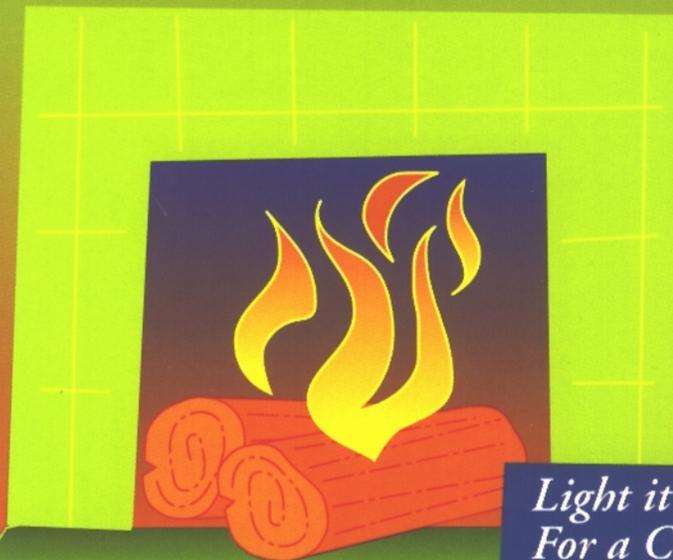


Spare The Air is a public education program sponsored by the air districts of the Sacramento Region.

SpareTheAir.com
(916) 874-4848



Wood Smoke



*Light it Right
For a Cleaner Fire Tonight*

Where There's Fire, There's Smoke

Although there may be nothing like a cozy fire on a cold winter night, you could unknowingly be polluting your neighborhood and affecting the health of your family and neighbors. If you decide to use your fireplace, there are several easy things you can do to reduce the amount of pollution in your neighborhood:

- **Burn only dry, seasoned wood.** Unseasoned wood burns poorly and creates thick black smoke due to its high moisture content.
- **Use manufactured fireplace logs.** These burn slowly, at a higher temperature and send less smoke and pollution up your chimney.
- **Never burn garbage, glossy paper, painted or chemically treated wood.** These create toxic smoke and fumes.
- **Have your chimney inspected on a regular basis.** A professional chimney sweep should inspect your chimney once a year.
- **Watch your chimney top.** If heavy smoke is coming out, your wood is not burning efficiently.

People with respiratory illnesses, heart disease, children and the elderly are particularly sensitive to the effects of wood smoke — but it can affect anyone. Health effects associated with breathing fine particle air pollution from wood smoke include:

- Reduced lung function, especially in children
- Increased severity in asthma, emphysema, pneumonia and bronchitis
- Aggravated heart disease
- Increased susceptibility to lower respiratory diseases
- Irritated eyes, lungs, throat and sinuses
- Headaches and allergies

Long term exposure to wood smoke may lead to chronic obstructive lung disease, chronic bronchitis and an increased risk of cancer and genetic problems.



SpareTheAir.com