

## WOOD SMOKE AND YOUR HEALTH

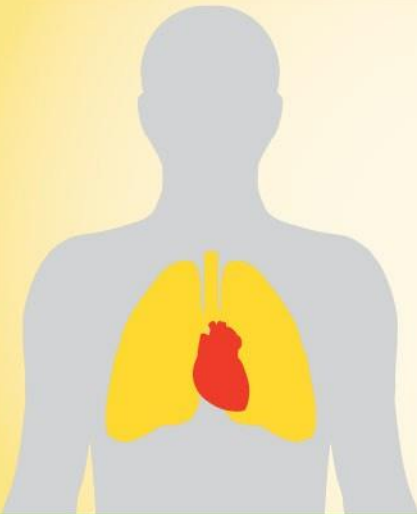
Wood smoke may smell good but it's not good for you. With a few simple steps you can help reduce wood smoke to protect your health and the air we breathe.

### DID YOU KNOW?

One old, inefficient wood stove can pollute as much 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 newly split 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.

