

# 10 REASONS NOT TO BURN

- 1 Wood burning causes 50 percent of winter pollution in Sacramento County, not cars, wood burning.
- 2 Wood smoke contains invisible particles and gases that can have serious health effects.
- 3 Particles from wood smoke trigger asthma attacks and impact the heart and lungs.
- 4 Older adults and the elderly are at greater health risk from wood smoke.
- 5 Children are more likely to suffer health effects from breathing wood smoke.
- 6 Cold temperatures with clear skies and calm winds prevent wood smoke from rising and dispersing.
- 7 As wood burning increases during these cold periods, pollution stays near the ground where it becomes a health risk.
- 8 Burning garbage, wrapping paper, painted or chemically treated wood releases toxics into the air and is illegal at all times.
- 9 Smoke from chimneys can re-enter your home or your neighbor's home even when doors and windows are closed.
- 10 Particles from wood smoke contain toxics that can stay in your lungs for months, causing changes that lead to diseases and structural damage.



## Wood Stove & Fireplace Change Out Incentive Program

The AQMD has funding to help Sacramento County residents replace polluting wood stoves and traditional fireplaces with cleaner-burning units.

Call **916-440-WOOD (9663)** or send an email to [woodstove@airquality.org](mailto:woodstove@airquality.org) to find out if you qualify.

**DAILY BURN STATUS:**  
**1-877-NO-BURN-5 (1-877-662-8765)**

To report a complaint or suspected violation, call the AQMD at **1-800-880-9025**.

SACRAMENTO METROPOLITAN



**AIR QUALITY**  
MANAGEMENT DISTRICT

777 12th Street, 3rd Floor  
Sacramento, CA 95814  
[www.AirQuality.org](http://www.AirQuality.org)  
[www.SpareTheAir.com](http://www.SpareTheAir.com)

SpareTheAir Scooter AQMD

Sacramento Metropolitan  
Air Quality Management District

**CHECK**  
**BEFORE YOU**  
**BURN**

**NOVEMBER - FEBRUARY**



This law applies to residents and businesses in Sacramento County  
Citrus Heights • Elk Grove • Folsom • Galt  
Isleton • Rancho Cordova • Sacramento

## Check Before You Burn

From November through February, the Sacramento Metropolitan Air Quality Management District's wood burning law, Check Before You Burn, restricts or prohibits burning on days when fine particle pollution (PM2.5) is forecast to be high.

Fine particle pollution is a serious health threat. To protect public health, the law requires you to know if it is legal to use an indoor or outdoor fireplace, wood stove, firepit or chiminea that burns wood, pellets, manufactured logs or any other solid fuel.

This law applies to residents and businesses in:

- Unincorporated Sacramento County
- Citrus Heights
- Elk Grove
- Folsom
- Galt
- Isleton
- Rancho Cordova
- Sacramento

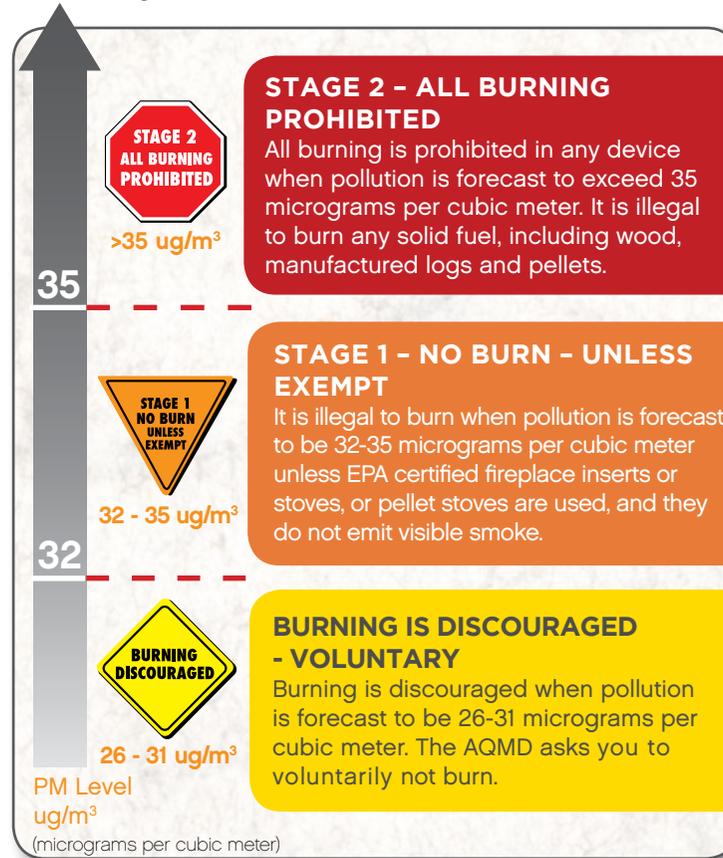
Similar laws exist in the Bay Area and the San Joaquin Valley.



## Exemptions

You may use your wood burning device on a Stage 1 or Stage 2 day if:

- Wood burning is your only source of heat.
- A Financial Hardship Waiver has been submitted and approved by the Air Pollution Control Officer. The waiver must be renewed each burn season and is available at [www.AirQuality.org](http://www.AirQuality.org) or by calling **916-874-4800**.



## Simple Ways to Check Before You Burn

- 1 Call 1-877-NO-BURN-5 (1-877-662-8765)
- 2 Follow on Twitter @AQMD
- 3 Visit [AirQuality.org](http://AirQuality.org)
- 4 Sign up to get the daily burn status through Air Alert emails at [SpareTheAir.com](http://SpareTheAir.com). Input your zip code and select the Daily Air Quality Forecast box.
- 5 Read the Sacramento Bee's weather page



## Health Effects

Fine particle pollution is a complex mixture that may contain soot, smoke, metals, nitrates, sulfates and dust. These invisible particles are so small they can enter the bloodstream. Breathing wood smoke is especially harmful for children whose lungs are still developing, older adults and anyone with a pre-existing heart or lung condition.

Long-term exposure to wood smoke increases the risk of heart attack and stroke and can cause:

- Decreased lung function
- Aggravated asthma
- Development of chronic respiratory disease in children (asthma)
- Irregular heartbeat
- Premature death in people with heart or lung disease
- Increased susceptibility to heart and vascular disease for post-menopausal women
- Reduced blood clotting ability

## Winter Air Pollution

Wood burning during the winter causes almost 50 percent of the air pollution in Sacramento County, as opposed to vehicle emissions that cause summer pollution. Check Before You Burn reduces the harmful emissions from wood and other solid fuel burning to protect public health and achieve air quality standards. Everyone breathes unhealthy air when weather conditions trap pollution close to the ground.