

KNOW THE TRUTH ABOUT WOOD SMOKE

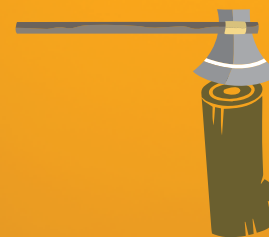
MAKE SURE YOU UNDERSTAND THE RISK
FACTORS ASSOCIATED WITH WOOD SMOKE
POLLUTION AND HOW TO IMPROVE THE AIR
QUALITY IN YOUR HOME AND COMMUNITY
BY TAKING PREVENTATIVE MEASURES TO
BURN WOOD MORE CLEANLY.

FOR MORE TIPS ON HOW TO BURN
WISE AND BREATHE EASY, VISIT
BURNWISE.ALASKA.GOV.

IS WOOD FUEL CLEAN FUEL?



*Myths and misconceptions
about wood smoke.*



THE MYTH ABOUT WOOD SMOKE

Alaskans statewide rely on burning wood to offset the high costs of energy, especially in remote communities. Although this is a natural approach to heating homes, it is not a healthy one: it is a common myth and dangerous misconception that burning wood is a source of clean fuel. According to the Environmental Protection Agency (EPA), one old, inefficient wood stove can emit as much air pollution as five old, dirty diesel trucks.



EVERYONE IS AT RISK

Another myth is that if you do not have a wood stove in your home, you are not at risk. Smoke from residential woodstoves and fireplaces contains gases and fine particles that can travel measurable distances and are so tiny, even weather-tight windows and doors cannot keep them out. These particles get into the eyes and affect the lungs and heart, and can lead to serious health problems, such as reduced lung function, cancer and even premature death.

ARE YOU AT GREATER RISK?

People with heart or lung disease, children and older adults are the most likely to be affected by particle pollution, although healthy people may also experience symptoms from exposure to particle pollution from wood smoke. Those who have had high exposure levels for many years are at the greatest risk of developing serious respiratory and cardiovascular problems because the tiny particles enter the body's circulation system through the lungs. However, even short-term exposure to wood smoke—for days or even hours—can aggravate lung disease, asthma and bronchitis.

