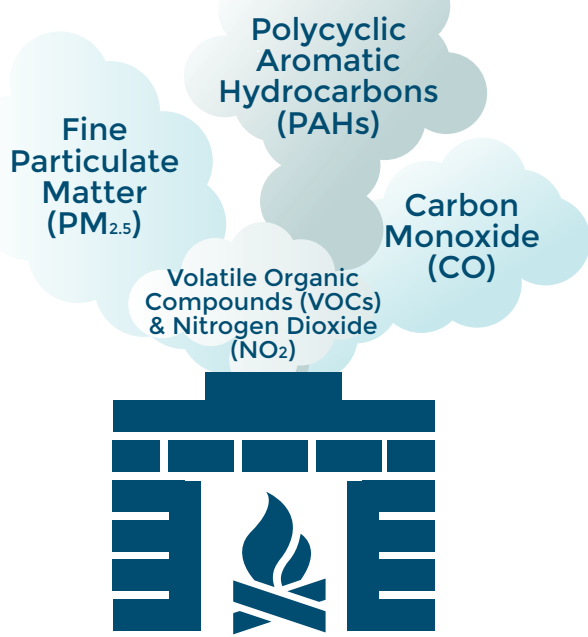


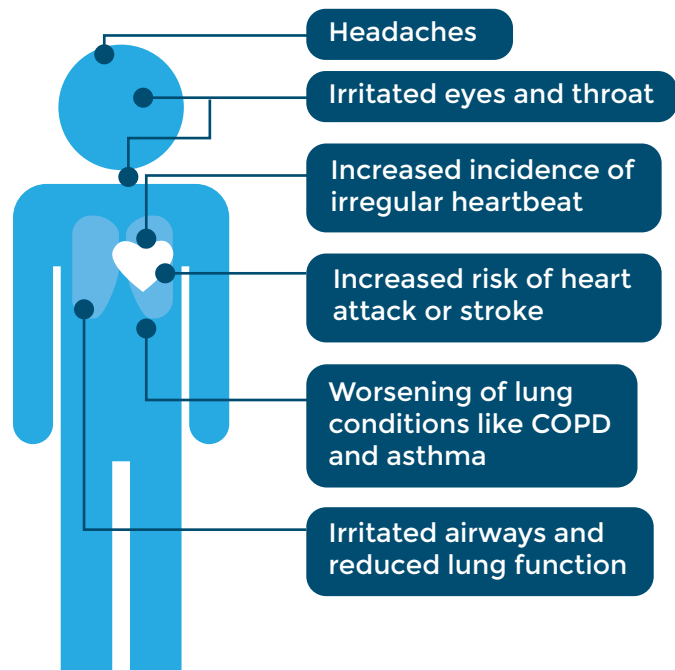
# Wood Smoke & Your Health

## WHAT IS WOOD SMOKE?

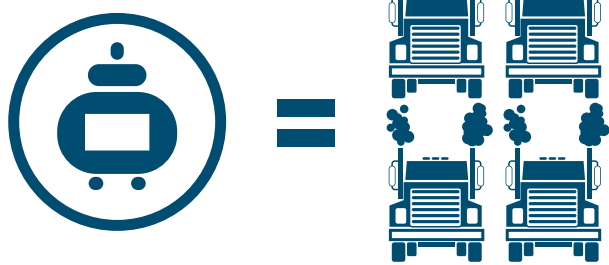
It is a complex mixture of solids, gases, and liquids. It contains hundreds of pollutants, including some that can cause adverse health impacts.



## WHAT ARE THE HEALTH EFFECTS OF FINE PARTICULATE MATTER (PM<sub>2.5</sub>) EXPOSURE ?



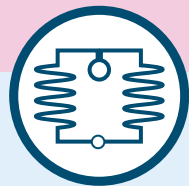
**1** An old uncertified wood stove can release as much air pollution as the exhaust from five dirty old diesel trucks.



**2** In BC, smoke from wood heating contributes at least 15% of fine particulate matter pollution and that fraction is much higher in some communities.



## WHAT CAN YOU DO TO REDUCE YOUR EXPOSURE TO WOOD SMOKE?



Consider replacing your wood stove with a cleaner heating option, such as an electric heat pump, a wood pellet stove, or gas stove. Visit: [gov.bc.ca/woodstoveexchange](http://gov.bc.ca/woodstoveexchange) for rebate information



On smoky days, choose less strenuous exercise or exercise for shorter periods of time.

Avoid letting smoke into your home by keeping windows closed and fixing any leaks or drafts.



Consider using air cleaners with HEPA filters in your home.



If wood smoke is a problem in your neighborhood, contact your local government and your local health authority. Some local governments have enacted bylaws to reduce smoke and to deal with problems such as illegal burning. If you suspect burning of prohibited materials you can also contact B.C.'s Report All Poachers and Polluters (RAPP) line at 1-877-952 7277. If you live in Metro Vancouver, please visit Metro Vancouver's Make An Air Report Quality Complaint website or call 604-436-6777.