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.

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 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.

Learn more at www.epa.gov/burnwise