



## News Release

FOR IMMEDIATE RELEASE

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Contact: Sac Metro Air District Media Line  
279-207-1122 ext. 4411

### Wood Burning Restrictions Start Today in Sacramento County

**SACRAMENTO, Calif.** – The Sacramento Metropolitan Air Quality Management District’s (Sac Metro Air District) annual Check Before You Burn season begins November 1 and runs through the end of February. During this time, residents and businesses in Sacramento County including those in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento are required to check the daily burn status before using a wood-burning fireplace or other wood-burning device. The Sac Metro Air District restricts or prohibits burning any solid fuel, including wood, pellets or manufactured fire logs, on days when fine particle pollution (PM2.5) is forecast to be high.

“Wood smoke is unhealthy to breathe for everyone, especially children, older adults, and people with heart and lung conditions. Remember to Check Before You Burn from November through February. It isn’t just the law, it’s the right thing to do for the health of your family, friends, and neighbors,” said Sac Metro Air District Board Chair and Sacramento Mayor Pro Tem Eric Guerra.

#### Five ways to Check Before You Burn:

1. Download the free Sacramento Region Air Quality app
2. View the daily burn status at [www.AirQuality.org](http://www.AirQuality.org)
3. Follow on Twitter @AQMD
4. Call 1-877-NO-BURN-5 (1-877-662-8765)
5. Sign up to get a daily Air Alert email at [www.SpareTheAir.com](http://www.SpareTheAir.com) – enter your Sacramento County zip code and check the “Daily Air Quality Forecast” box

#### Exemptions:

- If you are experiencing a financial hardship or your home does not have a heating source, you can apply for an exemption to burn at [www.AirQuality.org](http://www.AirQuality.org). If your exemption is approved, you may use your wood burning device on Stage 1 or Stage 2 No Burn days.
- Those with EPA-certified fireplace inserts, wood stoves, or pellet stoves may use them on Stage 1 days provided the devices do not emit visible smoke.

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Wood burning causes over 50 percent of the winter air pollution in Sacramento County. Fine particle pollution poses a serious health threat, and everyone breathes unhealthy air when weather conditions trap pollution close to the ground. Wood smoke, much like wildfire smoke, contains invisible particles that are small enough to enter the bloodstream. Smoke is especially harmful for children, older adults and anyone with a pre-existing heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke, and many other health problems.

To file an air quality complaint, visit Sac Metro Air District's [complaint webpage](#) or call 279-207-1122 x 11. First time violations will result in a \$50 fine or the option to pass a wood smoke awareness exam. Subsequent violations are higher.

For more information about this wood burning regulation, visit <http://www.airquality.org/residents/fireplaces-wood-stoves/check-before-you-burn>.

### **About Sac Metro Air District**

The Sac Metro Air District is the leading regional agency responsible for monitoring air quality, reducing air and climate pollution, enforcing air quality regulations, and promoting decarbonization efforts. As a public health agency, the District also is focused on the region meeting the National Ambient Air Quality Standards. For more information about the Sac Metro Air District, please visit [www.AirQuality.org](http://www.AirQuality.org).

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