

# Social Media Content

## Instructions

Check out our social media content toolkit! The suggested posts below aim to educate Sacramento County residents and businesses about the Check Before You Burn law, its applicable areas, and the impact of wood burning on air quality and personal health.

## Follow or Tag us on X, Facebook, or Instagram

X: @AQMD

Facebook: @scootersparetheairdog

Instagram: @sparetheair\_scooter

## Sample Posts

- Wood smoke, much like smoke from California wildfires, contains tiny particles that can enter the bloodstream and pose a serious health threat when breathed in. Remember to Check Before You Burn this winter and keep up to date on burn restrictions in Sacramento County: [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB).



- #CheckBeforeYouBurn is a law in Sacramento County from Nov-Feb. Visit [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB) to find out when it's legal to use your wood-burning fireplace or stove.



- The **#CheckBeforeYouBurn** law restricts wood burning when fine particle pollution (PM2.5) is forecast to be high. Residents and businesses in Sacramento County must check the daily burn status at [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB).



- The Sac Metro Air District’s annual **#CheckBeforeYouBurn** law is in effect from November through the end of February. It limits wood burning when fine particle pollution (PM2.5) is forecast to be high. Residents and businesses in Sacramento County must check the daily burn status before using a wood-burning device.



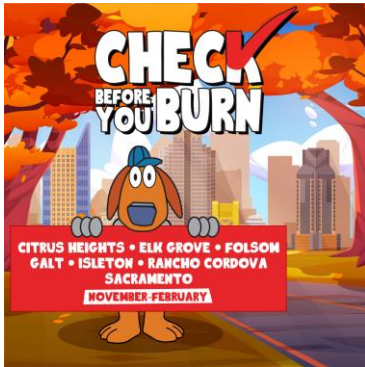
- Checking the daily burn status is easy! Visit the Sac Metro Air District’s website to see when it’s legal to use your wood-burning devices. [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB)



- Here are three easy ways to find the daily **#CheckBeforeYouBurn** status from November 1-February 28. Make sure you always check to make sure it's legal to burn solid fuels in indoor or outdoor spaces!



- Fine particle **#pollution** (PM2.5) from wood burning poses a serious health threat and can increase the risk of asthma, heart attack, stroke, and more. Please remember to **#CheckBeforeYouBurn** this winter: [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB).



- There are many reasons not to burn wood – one big reason is that smoke is unhealthy to breathe and can re-enter your home or enter your neighbor's home, even when the doors and windows are closed. [www.AirQuality.org/CBYB](http://www.AirQuality.org/CBYB)

