

Social Media Post Content and Images

FACEBOOK:

- Wood smoke, much like smoke from the recent California wildfires, contains invisible particles that are small enough to enter the bloodstream and can pose a serious health threat. Please remember to Check Before You Burn this winter and learn more about burn restrictions by visiting <http://www.airquality.org/Residents/Fireplaces-Wood-Stoves/Check-Before-You-Burn>.



- The Sac Metro Air District's annual #CheckBeforeYouBurn law is in effect from November 1 through the end of February. It restricts or prohibits wood burning when fine particle pollution is forecast to be high. Residents and businesses in Sacramento County and the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento must check the daily burn status before using a wood burning fireplace or other wood burning device.



- Checking the daily burn status is easy when you have the free Sacramento Region Air Quality app, now available in Google, Apple and Windows app stores. Download it today so you'll know when it's legal to use your wood burning fireplace or wood stove! You can also check the daily burn status by visiting <http://www.airquality.org/Residents/Fireplaces-Wood-Stoves/Check-Before-You-Burn>.



- On days when fine particle pollution (PM2.5) is forecast to be high, the Sac Metro Air District will restrict or prohibit the burning of any solid fuel, including wood, pellets, or manufactured fire logs. Remember, if you observe burning on a day where particulate matter air pollution is forecast to be high, and burning is prohibited, you can anonymously file a complaint by visiting <http://www.airquality.org/Air-Quality-Health/Complaints>.



- Breathing wood smoke is especially harmful for children because their lungs are still developing. Help your kids learn about the harmful effects of air pollution by visiting the Scooter's World website with them. On the site, you'll find facts about air pollution and learn how you can help reduce it. Plus, there are fun games and activities to do with your kids! Check out the website today: www.AQMDscooter.com.



TWITTER:

- Wood smoke, like smoke from #wildfires, contains invisible particles small enough to enter the bloodstream, including soot, smoke, metals, and more. Remember to #CheckBeforeYouBurn this winter and learn more about burn restrictions by visiting: <https://bit.ly/32ai7dk>.



- The #CheckBeforeYouBurn law restricts or prohibits wood burning when fine particle pollution is forecast to be high. But, there are more than just burn and no burn days. Here are the three important burn categories you need to know.



>35 ug/m³

STAGE 2 – ALL BURNING PROHIBITED

All burning is prohibited in any device when fine particle pollution is forecast to exceed 35 micrograms per cubic meter. It's illegal to burn any solid fuel, including wood, manufactured logs and pellets.



32 - 35 ug/m³

STAGE 1 – NO BURN – UNLESS EXEMPT

It's illegal to burn when fine particle pollution is forecast to be 32 – 35 micrograms per cubic meter. EPA certified fireplace inserts or stoves or pellet stoves may be used if they do not emit visible smoke.



26 - 31 ug/m³

BURNING IS DISCOURAGED – VOLUNTARY

You are asked to voluntarily not burn when fine particle pollution is forecast to be 26 – 31 micrograms per cubic meter.

PM Level ug/m³ (micrograms per cubic meter)

- #CheckBeforeYouBurn is the law in Sacramento County. Download the free Sacramento Region Air Quality app to get the daily burn status every day so you know if it's legal to burn.



- Particulate matter #airpollution poses a serious health threat and can increase the risk of asthma, heart attack, stroke, and more. We all breathe unhealthy air when winter weather traps pollution near the ground. Please remember to #CheckBeforeYouBurn this winter in #SacramentoCounty.



INSTAGRAM:

- Wood smoke, much like smoke from the recent California wildfires, contains invisible particles that are small enough to enter the bloodstream, including soot, smoke, metals, nitrates, sulfates and dust. Remember to Check Before You Burn this winter to make sure it's legal to use your wood burning fireplace, wood stove, chiminea or fire pit.



- Make sure you #CheckBeforeYouBurn to see if it is legal to burn wood, pellets, manufactured logs or any other solid fuel in an indoor or outdoor fireplace, wood stove, pellet stove, fire pit or chiminea. These are four easy ways to check the daily burn status.



- Wood burning during the winter causes over 50 percent of the particulate matter air pollution (PM2.5) in Sacramento County. Wood smoke poses a serious health threat, including an increased risk of asthma, heart attack, stroke, and many other health problems. Please Check Before You Burn this winter.



- There are many reasons not to burn wood, but one important reason is that harmful smoke from chimneys can re-enter your home or your neighbor's home even when doors and windows are closed.

