



News Release

FOR IMMEDIATE RELEASE

Date: November 1, 2023
Contact: Sac Metro Air District Media Line
279-207-1122 ext. 4411

Residential Wood -Burning Restrictions Kick Off Nov. 1 in Sacramento County

SACRAMENTO, Calif. – The Sacramento Metropolitan Air Quality Management District’s (Sac Metro Air District) Check Before You Burn season begins November 1 and runs through 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.

Four easy ways to Check Before You Burn:

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

Wood burning in the winter causes over 50 percent of the fine particle pollution in Sacramento County, which poses a serious health threat when weather conditions trap pollution close to the ground where we breathe. 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.

The following exemptions apply to both “Stage 1 – No Burn Unless Exempt” and “Stage 2 – All Burning Prohibited” categories.

- Homes where wood burning is the sole source of heat
- Completed and approved financial hardship waiver, verified by the Air Pollution Control Officer. This waiver must be applied for and approved annually.
- Devices that operate exclusively with natural gas or propane
- Cooking devices

Burning is allowed on “Stage 1 – No Burn Unless Exempt” days if you use an EPA-certified fireplace insert or stove, or pellet-fueled device that does not emit visible smoke.

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AirQuality.org

If you see or smell smoke on a day when burning is prohibited, please file an air quality complaint by visiting Sac Metro Air District's [complaint webpage](#) or calling 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 visit Sac Metro Air District's [Check Before You Burn webpage](#).

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.

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