

# DID YOU KNOW?

- 1** Wood burning causes over 50 percent of winter air pollution in Sacramento County.
- 2** Wood smoke contains invisible particles, which can cause serious health effects.
- 3** Breathing wood smoke triggers asthma attacks, makes it harder to breathe and has been linked to heart disease.
- 4** Children, older adults and the elderly are at greater health risk from wood smoke.
- 5** Wood smoke pollution can be reduced by using seasoned hardwood.
- 6** Calm, cold weather traps wood smoke in neighborhoods, preventing dispersion.
- 7** Wood burning increases as it gets colder outside, which creates more pollution near the ground where we breathe.
- 8** Burning garbage, wrapping paper, or painted or chemically treated wood releases toxics into the air and is illegal at all times.
- 9** Smoke can re-enter your home or enter your neighbor's home even when doors and windows are closed.
- 10** Wood smoke particles contain toxics, which can stay in your lungs for months, causing changes that lead to diseases and structural damage.

**DAILY BURN STATUS**  
**1-877-NO-BURN-5**  
**(1-877-662-8765)**

To report a complaint or suspected violation,  
call the Sac Metro Air District at  
**1-800-880-9025.**



 **SpareTheAir Scooter**

 **@AQMD**

 **@SpareTheAir\_Scooter**

777 12th Street, Ste. 300, Sacramento, CA 95814  
[AirQuality.org](http://AirQuality.org) | [SpareTheAir.com](http://SpareTheAir.com)

# CHECK BEFORE YOU BURN

**IT'S THE LAW**  
**IN SACRAMENTO COUNTY**

**NOVEMBER - FEBRUARY**

This law applies to residents and businesses  
in Sacramento County, and the cities of Citrus  
Heights, Elk Grove, Folsom, Galt, Isleton, Rancho  
Cordova and Sacramento.





## CHECK BEFORE YOU BURN

From November through February, the Sacramento Metropolitan Air Quality Management District's wood burning law, Check Before You Burn, restricts or prohibits burning on days when fine particle pollution (PM<sub>2.5</sub>) is forecast to be high.

The law requires you to know the daily burn status before you use an indoor or outdoor fireplace, wood stove, fire pit or chiminea that burns wood, pellets, manufactured logs or any other solid fuel. First time violations will result in a \$50 fine, or you may take and pass a wood smoke awareness exam. Fines for subsequent violations are higher.

Fine particle pollution is a serious health threat, and everyone breathes unhealthy air when weather conditions trap pollution close to the ground. Check Before You Burn reduces harmful emissions to protect public health and achieve air quality standards.

### EXEMPTIONS

You may use your wood burning device on a Stage 1 or Stage 2 day, if:

- ✓ Wood burning is your sole source\* of heat.
- ✓ A Financial Hardship Waiver\* has been submitted and approved by the Air Pollution Control Officer. This waiver must be renewed each burn season.

*\*Both the sole source exemption request form and hardship waiver are available at [AirQuality.org](http://AirQuality.org) or by calling 1-800-880-9025.*



## HEALTH EFFECTS

Fine particle pollution may contain soot, smoke, metals, nitrates, sulfates and dust. These invisible particles are small enough to enter the bloodstream. Children, the elderly and anyone with a pre-existing heart or lung condition are more likely to suffer health effects.

**Long-term exposure to wood smoke increases the risk of heart attack and stroke and can cause:**

- ✓ Decreased lung function
- ✓ Aggravated asthma
- ✓ Development of chronic respiratory disease (asthma) in children
- ✓ Irregular heartbeat
- ✓ Premature death in people with heart or lung disease
- ✓ Increased susceptibility to heart and vascular disease for post-menopausal women
- ✓ Reduced blood clotting ability

## HOW TO CHECK BEFORE YOU BURN



  
**CALL**  
1-877-NO-BURN-5  
(1-877-662-8765)

  
**FOLLOW**  
@AQMD on X

  
**VISIT**  
[AirQuality.org](http://AirQuality.org)



## CHECK BEFORE YOU BURN STATUS

**LEGAL  
TO  
BURN**

### LEGAL TO BURN

<26 ug/m<sup>3</sup>\*

It is legal to burn and the use of manufactured firelogs is acceptable at this level. If you choose to burn please follow cleaner burning tips in order to burn as cleanly as possible.

**BURNING  
DISCOURAGED**

### BURNING IS DISCOURAGED

26-31 ug/m<sup>3</sup>\*

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

**STAGE 1  
NO BURN  
UNLESS  
EXEMPT**

### STAGE 1 – NO BURN UNLESS EXEMPT

32-35 ug/m<sup>3</sup>\*

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.

**STAGE 2  
ALL BURNING  
PROHIBITED**

### STAGE 2 – ALL BURNING PROHIBITED

>35 ug/m<sup>3</sup>\*

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.

*\*PM Level ug/m<sup>3</sup> (micrograms per cubic meter)*