

Social Media Content for FB/IG/X

Instructions

Help spread the word about the Check Before You Burn law! This social media toolkit includes suggested posts to help educate residents and businesses in Sacramento County, including the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento, about the law, where it applies, how wood burning affects air quality and health, and how to check the daily burn status.

How to use this toolkit

- Copy and share the suggested posts on your organization's social media channels. Feel free to adapt the wording to fit your audience.
- Pair posts with the graphics provided.
- Tag the Sac Metro Air District so we can engage with and help amplify your posts.
- Encourage your followers to check the daily burn status before burning wood.

Follow or tag us on social media

- **X:** @AQMD
- **Facebook:** @SacMetroAirDistrict
- **Instagram:** @SacMetroAirDistrict

Help spread the word! Sharing these messages helps more Sacramento County residents and businesses understand the law and take steps to reduce wood smoke in their communities.

Post #1: Understanding Burn Status Categories

Facebook

Do you know the four burn status categories? In Sacramento County, the Check Before You Burn law applies to everyone.

- 🚫 Stage 2: All burning prohibited
- 🟡 Stage 1: No Burn Unless Exempt
- 🔴 Burning Discouraged
- 🟢 Legal to Burn

To learn more about Check Before You Burn, check out the first comment!

Facebook First Comment: [AirQuality.org/CBYB](https://www.airquality.org/CBYB)

Instagram

Get to know the burn day categories and make sure it's legal to burn before lighting a fire or using a wood-burning device in Sacramento County!

- 🚫 Stage 2: All burning prohibited
- 🟡 Stage 1: No Burn Unless Exempt
- 🔴 Burning Discouraged
- 🟢 Legal to Burn

Have questions about the rules? Head to the link in our bio to learn more about wood-burning regulations!

#CheckBeforeYouBurn #CleanAirForAll

X

Before burning in **@SacCountyCA**, check the daily burn status! 🔥

- 🚫 Stage 2: All burning prohibited
- 🟡 Stage 1: No Burn Unless Exempt
- 🔴 Burning Discouraged
- 🟢 Legal to Burn

Learn about wood-burning regulations at [Check Before You Burn!](#) 🪵



Post #2: Health Effects of Wood Smoke

Facebook

Did you know wood smoke can affect the health of your family, friends, and neighbors?

Wood smoke contains fine particles that can get deep into the lungs and contribute to heart and respiratory problems. That's why the Check Before You Burn law in Sacramento County helps reduce wood smoke pollution on days when air quality is expected to be unhealthy.

Before using your fireplace or wood stove, check the daily burn status.

🔗 Visit the link in comments or call 1-877-NO-BURN-5 (1-877-662-8765).

Cleaner air starts with all of us.

Facebook First Comment: AirQuality.org/CBYB

Instagram

Wood smoke contains fine particles that can travel deep into your lungs, causing respiratory disease, airway irritation, and worsening asthma.

Help keep our air cleaner by reducing wood burning and following the Check Before You Burn law! Learn more at the link in bio. ❤️ 🔥 🗑️

#CheckBeforeYouBurn #CleanAirForAll



Post #3: Check Before You Burn Resources

Facebook

Want to learn more about Check Before You Burn? Head to the Sac Metro Air District's website, check out the toolkit, download the brochure, read the FAQ's, and watch a video to learn more. Share the information with your community to help inform others. Find the toolkit link in the comments! 🗑️ 🔥 🚫

Facebook First Comment: [AirQuality.org/CBYB](https://www.airquality.org/CBYB)

Instagram

Want to learn more about Check Before You Burn? The Sac Metro Air District's online toolkit has everything you need to know! Explore frequently asked questions, download the informational brochure in multiple languages and watch a video to learn more about the law.

Whether you're looking to stay informed or share resources with your community, we've got you covered!

Find the toolkit at the link in the bio. 🗑️ 🔥 🚫

#CheckBeforeYouBurn #CleanAirForAll

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Check Before You Burn is the law in Sacramento County! Learn more about the daily burn status and more at [AirQuality.org/CBYB](https://www.airquality.org/CBYB). Know the law and help protect our air quality! 🗑️ 🔥 🚫



Post #4: Alternatives to Wood Burning

Facebook/Instagram/X

Ditch the wood smoke this fall! Cozy up with blankets, fuzzy socks and warm drinks instead. Wood smoke releases fine particles in the air that impact air quality and can affect our health. Make smokeless swaps to help keep Sacramento County's air clean! 🍁🧣🔥

#CheckBeforeYouBurn



Post #5: Wood Smoke and Your Home

Facebook/Instagram

Even with doors and windows closed, smoke can seep into your home or your neighbors' homes, affecting indoor air quality. Make a healthier choice for your household and community. Always remember to check your daily burn status before lighting a fire!

#CheckBeforeYouBurn #CleanAirForAll

Facebook First Comment: Visit [AirQuality.org/CBYB](https://www.AirQuality.org/CBYB) to learn more.

X

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



Post #6: How to Check the Daily Burn Status

Facebook

Checking the daily burn status in Sacramento County is easy!

1. Call the burn status hotline at 1-877-NO-BURN-5 (1-877-662-8765) 📞
2. Follow @AQMD on X or @Sac Metro Air District on Facebook 📱
3. Visit the Check Before You Burn website at www.AirQuality.org/CBYB 💻

Know the burn status before burning solid fuels in indoor or outdoor spaces and help keep your community healthy!

Facebook First Comment: AirQuality.org/CBYB

Instagram

Do you know where to check the daily burn status?

🌐 Visit the link in our bio

☎️ Give us a call at 1-877-NO-BURN-5 (1-877-662-8765)

📱 Check social media pages @AQMD on X or @Sac Metro Air District on Facebook

Before lighting a fire or using your wood-burning device in Sacramento County, always check the daily burn status to know what's allowed. Your choices can help protect your health and keep our community's air cleaner! ✅ 🔥 🗑️

#CheckBeforeYouBurn #CleanAirForAll

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



Post #7: Does the Law Apply to You?

Facebook

🏠 Do you live or work in Sacramento County? The Check Before You Burn law applies to residents and businesses throughout the county, including the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento.
Before using a wood-burning fireplace, stove or other solid-fuel heating device, check the daily burn status. When air pollution is forecast to be high, burning will be prohibited.

🔗 Check the daily burn status and learn more at the link in the first comment.

Help spread the word so everyone knows before they burn! 🔥

Facebook First Comment: AirQuality.org/CBYB

Instagram

🏠 Live or work in Sacramento County? Check Before You Burn!

The law applies to residents and businesses throughout the county, including the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento.

Before using a wood-burning fireplace, stove or other solid-fuel heating device, check the daily burn status to find out what's allowed.

🔗 Visit the link in our bio to check the status and learn more!

#CheckBeforeYouBurn #CleanAirForAll

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🏠 Check Before You Burn applies throughout Sacramento County, including the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento. Check the daily burn status before using a wood-burning device! 🔥 AirQuality.org/CBYB



Post #8: Cold Weather, Cleaner Choices

Facebook

🧠 When temperatures drop, it's tempting to cozy up by a wood-burning fireplace. But wood smoke contains fine particles that can affect your lungs and heart, as well as the air your neighbors breathe. Looking for another way to stay warm? Try extra layers, cozy blankets or an electric heating option. Whatever the weather, remember to check the daily burn status before using a wood-burning device in Sacramento County from November through February.

📱 Visit AirQuality.org/CBYB to learn more.

Facebook First Comment: AirQuality.org/CBYB

Instagram

🧠 Cold outside? Get cozy without the wood smoke!

Wood smoke contains fine particles that can harm your health and affect the air quality in your neighborhood. Try warm blankets, extra layers or an electric heating option instead.

Before lighting a fire, check the daily burn status.

🔗 Learn more at the link in our bio.

#CheckBeforeYouBurn #CleanAirForAll

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🧠 Cold weather calls for cozy alternatives! Try blankets, extra layers or electric heating instead of burning wood. Wood smoke affects air quality and health. Always check the daily burn status before burning.

AirQuality.org/CBYB **#CheckBeforeYouBurn**



Post #9: Don't Assume It's a Burn Day

Facebook

🔥 Just because you burned yesterday doesn't mean you can burn today!

The Check Before You Burn status can change daily based on air quality conditions. When air pollution is forecast to be high, burning will be prohibited.

Make checking the daily status part of your routine before using a wood-burning fireplace, stove or other solid-fuel heating device.

📞 Call 1-877-NO-BURN-5 (1-877-662-8765) or visit **AirQuality.org/CBYB** to check today's status.

Facebook First Comment: [AirQuality.org/CBYB](https://www.airquality.org/CBYB)

Instagram

🔥 Don't assume it's a burn day!

Burning may be allowed one day and restricted the next. Make it a habit to check the daily Check Before You Burn status before using your wood-burning fireplace or stove in Sacramento County.

📱 Check online at the link in our bio or call 1-877-NO-BURN-5 (1-877-662-8765).

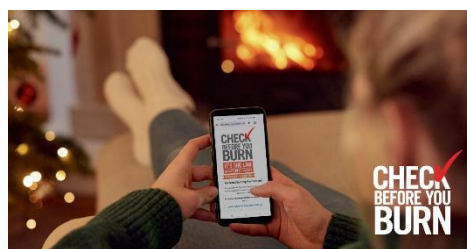
A quick check helps you know when its legal to burn.

#CheckBeforeYouBurn #CleanAirForAll

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🔥 Don't assume it's a burn day! Check the daily Check Before You Burn status before using a wood-

burning fireplace, stove or other solid-fuel heating device. Call 1-877-NO-BURN-5 (1-877-662-8765) or visit [AirQuality.org/CBYB](https://www.airquality.org/CBYB).



Post #10: Help Spread the Word

Facebook

🔔 Help your neighbors stay informed about Check Before You Burn!

Not everyone knows that daily burn restrictions apply throughout Sacramento County from November through February. Residents and businesses must check the daily burn status before lighting a fire. Share this post with friends, family, neighbors and community groups. You can also share our Check Before You Burn toolkit, which includes educational materials, frequently asked questions and resources in multiple languages.

Together, we can help more people understand the requirements and reduce wood smoke in our communities. ❤️

🔗 Find resources at the link in the comment below.

Facebook First Comment: AirQuality.org/CBYB

Instagram

🔔 Let's spread the word about Check Before You Burn!

Help friends, family and neighbors learn about the daily burn status, wood smoke and the rules that apply throughout Sacramento County from November through February.

❤️ Share this post with your community and visit the link in our bio for educational resources, FAQs and materials in multiple languages.

Every share helps more people stay informed!

#CheckBeforeYouBurn #CleanAirForAll

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🔔 Help spread the word about #CheckBeforeYouBurn! Share resources with friends, family and neighbors so more people know how to check the daily burn status before burning. Learn more at

AirQuality.org/CBYB.

