



# Wood Burning

## What you need to know!

Burning wood is a reality for many Northerners for many different reasons

If you must burn, use these quick tips:

- Split, stack, cover, and store wood for at least 6 months prior to use
- Use a moisture meter to check that wood has a moisture content of 20% or less
- Use an efficient CSA or EPA certified wood stove
- Don't burn garbage or treated woods
- Don't burn during an air quality advisory
- Maintain your chimney and wood burning appliance so it burns clean and is safe



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## **Wood smoke causes a wide range of short and long-term health problems, including:**

- Heart disease
- Lung disease (including lung cancer)
- Stroke
- Diabetes
- Premature birth and low birth weight
- Neurological disease

## **Emerging impacts – examples include:**

- Mental Health
- Skin aging
- Reproductive difficulties

**Good news:** even small improvements in air quality can have a large health impact!

## **YOUR ACTIONS HAVE IMPACT, LEARN BEFORE YOU BURN!**

**Burn the right wood, the right way, in the right appliance and do not burn garbage!**

**Do not burn on days when there is an Air Quality Advisory.**

**For more information, please visit [northernhealth.ca](http://northernhealth.ca)**

**Search:** Wood Burning

Visit BC Air Quality: <http://www.bcairquality.ca/>

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