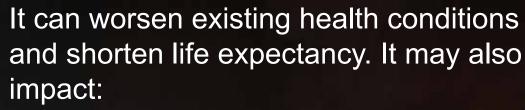
## **Wood Smoke**

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



- 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
- Do not burn garbage
- Do not burn on days when there is an Air Quality Advisory



For more information, please visit:

northernhealth.ca

Search: Wood Burning