ON NO BURN DAYS, DON'T BURN WOOD

Don't Let Our Air Go Up In Smoke

FIREPLACES FIREPITS & CHIMINEAS DURING THE HOLIDAYS ARE PROBLEMS

The holiday season is the time of year when families and friends gather to eat, exchange gifts and strengthen relationships. The Valley's sunny skies and near-perfect weather offer people from all over the world a place to come and enjoy time outdoors during the winter. Cool nights and holiday festivities lead residents to light their fireplaces, adding a nice touch to a warm, cozy house. But smoke from wood burning fires sends some people to the hospital.

No Burn Day? Don't Burn Wood!
CleanAirMakeMore.com

ADEQ Arizona Department of Environmental Quality

CLEAN AIR MAKE MORE

Office of Children's Environmental Health

Maricopa County Air Quality Department

Phoenix (from north to south): Pristine Conditions

Wintertime Fireplace Smoke Blanketing the Valley

WHAT'S THE PROBLEM?

Every year around Christmas and New Year's, Valley hospitals see a noticeable increase in patients with respiratory issues due to smoke from fireplaces. Most are children and the elderly, but even the most healthy adults can be affected. Exposure to high levels of particulates from smoke is not just a temporary nuisance but can have significant lifelong effects on people's lungs. The Phoenix metropolitan area is surrounded by mountains that trap the pollution. Cold winter nights and strong inversions can keep the smoke from rising. As seen from years past, it could take several days for the air in the Valley to clear. The good news is that it can be prevented… but we need your help!

HOW IS POLLUTION MEASURED?

Maricopa County and the Arizona Department of Environmental Quality (ADEQ) have a large network of monitors located throughout the Valley that measure several types of pollution, including but not limited to ozone, carbon monoxide, and particulate matter (PM10 and PM2.5). The data is collected daily and used for the next day's air quality forecast.

FIREPLACES, FIRE PITS, AND CHIMINEAS

During the holiday season, it's the particulates that cause the biggest health issue, in particular, PM2.5. Road traffic and industrial processes can play a role in elevated PM2.5 levels, but it's smoke from residential burning at night that causes the highest levels during the holidays.

WHY IS SMOKE SO BAD?

These microscopic particles deeply penetrate the lungs and are very hard to expel. Repeated exposure over longer periods of time (several hours to even days) can decrease lung function leading to respiratory issues. Smoke can cause symptoms of asthma and chronic obstructive pulmonary disease (COPD) to worsen. If you have heart disease, particle exposure can cause serious problems in a short period of time, even heart attacks with no warning signs. Smoke also carries fragments of pollen and/or mold which can cause allergies for much of the general population.

HEALTH WATCH vs. HIGH POLLUTION ADVISORY (HPA)

A Health Watch is issued when air quality forecasters expect concentrations of one or more pollutants to approach their specific health standard. A High Pollution Advisory is issued when air quality levels are expected to exceed the health standard.

WHEN IS IT OKAY TO BURN?

Fireplace and wood burning restrictions are typically called during a health watch or high pollution advisory. When a No Burn Day is issued by the Maricopa County Air Quality Department, all wood burning activities in fireplaces, wood stoves and fire pits are banned. You can contact Maricopa County to find out if it is a burn day online at *www.CleanAirMakeMore.com* or call *(602) 506-6400*.

You can check ADEQ's Daily Air Quality Forecast electronically at: *www.azdeq.gov/environ/air/ozone/ensemble.pdf* or by telephone at *(602) 771-2367*. Both are updated Sunday through Friday by 1 p.m. If a Health Watch or HPA is issued for the following day, restrictions go into effect for 24 hours, lasting from midnight to midnight. You can sign up to receive Text Message Alerts to your e-mail or cell phone at: *www.azdeq.gov/subscribe.html*

WOOD BURNING DOs and DON'Ts

During a ***NO BURN*** Day:

- ***DO*** use natural gas fireplaces.
- ***DO*** call *(602) 506-6010* with any wood-burning questions.
- ***DO NOT*** burn wood in an indoor fireplace, wood stove or outdoor chiminea or fire pit.
- ***DO NOT*** burn manufactured/wax logs.

FIREPLACE and WOOD STOVE BURNING TIPS

- Set your thermostat to 65°F or lower before igniting your fireplace.
- Use only EPA-approved residential wood burning devices. *www.epa.gov/burnwise/appliances.html*
- Use only wood kindling when starting a fire.
- Use larger pieces of wood for sustained burning.
- Always burn the driest wood first. Wet wood causes more smoke.

USEFUL WEBSITES

Arizona Department of Environmental Quality
www.azdeq.gov /*azdeq* *#ArizonaDEQ*

Maricopa County Air Quality Department
www.maricopa.gov/aq

Clean Air Make More Campaign
www.CleanAirMakeMore.com

U.S. Environmental Protection Agency
www.epa.gov/burnwise

Air Now Air Quality Forecasts
www.airnow.gov