

### Woodsmoke pollution **contains:**

- Toxic and cancer-causing chemicals, in large quantities
- Tiny particles measuring 2.5 micrometers (1/30 the size of a human hair)
- These particles cannot be coughed or sneezed out. They enter the bloodstream and have been shown to cause heart attacks, **even in previously healthy people.**

**All people are at risk**, but people particularly at risk include:

- New **mothers and babies**, as sudden infant death (SIDS) has been associated with woodsmoke pollution
- **Children**, who often suffer from asthma and ear infections associated with this type of pollution
- **People with respiratory or cardiac disease**
- the **elderly**

**There is NO SAFE LEVEL  
of woodsmoke pollution exposure!**

## Burning Wood? Did you Know?



- Burning wood: pollutes the air
- Causes early deaths and many health problems
- Contributes to climate change.

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*Produced by City of Kingston  
Conservation Advisory Council  
[www.kingston-ny.gov/KingstonCAC](http://www.kingston-ny.gov/KingstonCAC)*



# You would never let your child smoke



Image credit: <http://www.medexpressrx.com/blog/does-your-child-smoke.aspx>

## But did you know??

New studies show that burning wood or wood pellets:

- Pollutes the air in your home
- Pollutes the air in your neighborhood
- Has been shown to be worse for your family's health than smoking cigarettes.

Burning a NEW woodstove for 10 hours produces as much pollution as running a new, gas-fueled car for a whole year.

Heating a home with wood for 1 week produces more toxic chemicals than the smoke from 1 million cigarettes!

## What can you do?

- If you are burning wood to heat your home, consider alternative, clean ways to heat, such as solar, wind, or geothermal power. Also, investigate funding programs through Central Hudson for insulation and more efficient furnaces:  
<https://www.cenhud.com/simplybetter/incentives>
- If you are a restaurateur burning wood to cook food, consider phasing it out.
- If you burn wood in your fireplace for ambience, consider converting to a natural gas or electric insert.
- Do not burn wood outdoors. (Open burning is regulated in the City of Kingston)

## For more information, see:

**Doctors and Scientists Against Woodsmoke Pollution:**

<https://woodsmokepollution.org/>

**American Lung Association:**

<http://www.lung.org/our-initiatives/healthy-air/indoor/indoor-air-pollutants/residential-wood-burning.html>

**United States EPA Burnwise:**

<https://www.epa.gov/burnwise/wood-smoke-and-your-health#health>

**Environment & Human Health Journal, Yale Report:**

<http://www.ehhi.org/woodsmoke-exposures.pdf>

**City of Kingston Conservation Council (CAC):**

[www.kingston-ny.gov/airquality](http://www.kingston-ny.gov/airquality)

OR, contact the CAC: [CAC@kingston-ny.gov](mailto:CAC@kingston-ny.gov)