Health Effects of Wood Smoke

Smoke from wood-burning fireplaces and stoves contains tiny particles that can linger in the air. These particles are so small we inhale them deep into our lungs and they can enter the bloodstream.

Cold and still winter weather conditions can cause wood smoke to become trapped near the ground. The particle levels can build up making it difficult for people with asthma and other respiratory conditions to breathe.

Clean Air
You Can Make a Difference!

DRIVE LESS

Carpool
Walk
Bike
Ride the Bus

BURN CLEAN

Burn Dry Wood
Maintain Airflow
Burn Hot Fires
Recycle Yard Waste

BURN CLEAN...IT’S AN INDIVIDUAL RESPONSIBILITY!

Imagine a smoke free valley.

The Mission of the Monterey Bay Unified Air Pollution Control District is to Protect Public and Environmental Health while Balancing Economic and Air Quality Considerations.

Contact us at:
24580 Silver Cloud Court
Monterey, CA 93940
www.montereybaycleanair.org
**Spare the Air Program in San Lorenzo Valley**

Each day by 3 p.m., from November through February, the Air District will issue an air quality forecast for SLV for the next day. If air quality is forecasted to be unhealthy for sensitive groups (USG) for more than one day, the Air District will send out a **Spare the Air** call to action.

**What is the **Spare the Air** program?**

**Spare the Air** is a non-regulatory program to reduce wood smoke emissions on forecasted unhealthy air quality days in San Lorenzo Valley (SLV).

**What is a forecasted unhealthy air quality day?**

This is a day or period of days the Air District determines the health based PM2.5 standard may be exceeded. The Air District makes the determination based on meteorological data and the air monitoring data collected in SLV.

**Where is monitoring data collected in SLV?**

The Air District measures concentrations of PM2.5 in Felton, Ben Lomond, and Boulder Creek. The data can be viewed on the Air District’s website for current air quality and forecast.

**The District is **NOT** banning wood burning.**

To protect public health from the harmful effects of inhaling particulate matter (PM2.5), the Air District trying to reduce smoke emissions on forecasted unhealthy air quality days due to continued exceedances of the federal PM2.5 air quality standard in SLV.

**Air Quality Index**

- **Good** 0-50
  - Clean air, enjoy outdoor activities.
- **Moderate** 51-100
  - Air quality is acceptable. Very sensitive people, limit your time outdoors.
- **Unhealthy for Sensitive Groups** 101-150
  - People with health problems should cutback on strenuous activities outdoors. **Spare the Air**
- **Unhealthy** 151-200
  - People with health problems should stay inside and avoid strenuous activities. **Spare the Air**

**Do your part.**

- Choose an alternative home heating source on forecasted **Spare the Air** unhealthy air quality days.
- Spread the word about the **Spare the Air** call to action to your friends and neighbors.

**Get **Spare the Air** informed.**

Sign up to receive a **Spare the Air** e-mail notification, check our website for daily forecast information at [air.mbuapcd.org](http://air.mbuapcd.org), or call us at (831) 647-9411.

**Check the Daily Forecast**