If you heat with wood, here are a few tips:

ever heat with wood during a smog warning unless, of course, you have no alternative source of heat.

deduce the use of your wood stove to a minimum, even when air quality is good or acceptable.

ever burn garbage, plastic, cardboard, or green, painted or treated wood.

Tamiliarize yourself with your municipality's regulations regarding wood heating.

Burn only clean, dry wood.

Deplace your stove with an EPA certified appliance.

id you know that, when burnt, densified logs, made only with sawdust, produce less smoke than natural logs?

For more information, call 1-800-463-4311 or visit the following sites:

www.ec.gc.ca/cleanair-airpur

www.santepub-mtl.qc.ca/ Environnement/chauffage/index.html

www.ville.montreal.qc.ca/ environnement/chauffageaubois



Environnement Canada

Agence de la santé et des services sociaux de Montréal

Québec 🖁 🛊

Santé publique

Montréal #3

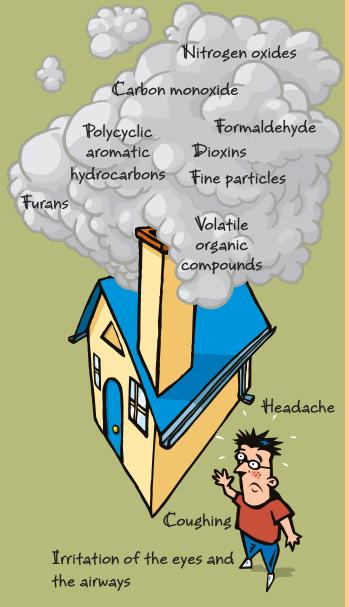
© Her Majesty the Queen in Right of Canada, 2006 Catalogue No: En154-40/2006E ISBN 0-662-43638-5 Legal deposit - National Library of Canada, 2006 Aussi disponible en français sous le titre :

Chauffage au bois : Pleins feux sur la santé!



Wood smoke: Hazardous to your health!

The air we pollute is also the air we breathe...



Small particles, big worries!

Wood smoke comprises more than 100 different toxic substances. These substances can penetrate deeply into your lungs. Furthermore, scientific studies show that some of these substances are carcinogenic. The young and the elderly are more vulnerable, as are individuals suffering from heart or respiratory diseases that can be aggravated by these pollutants.



You can reduce wood smoke emissions both into your home and to the outdoors by:

- Heating only when necessary.
- Using only clean, dry wood.
- Making a small, hot fire.
- Maintaining a good air supply into your wood stove to allow more efficient combustion.
- Using an appliance certified by the EPA (United States Environmental Protection Agency).



