

Wood Smoke and Your Health

Wood smoke may smell good, but it's not good for you. The biggest health threat from smoke is from fine particles, also called fine **particulate matter** or **PM2.5**. These microscopic particles can get into your eyes and respiratory system, where they may cause burning eyes, runny nose, and make it difficult to breath.



Fine particles from wood smoke can make asthma symptoms worse and trigger asthma attacks. Fine particles can also trigger heart attacks, stroke, irregular heart rhythms, and heart failure, especially in people who are already at risk for these conditions.

The Southern Ute Air Quality Division continuously monitors for outdoor **particulate matter (PM2.5)** at the air monitoring stations located in the town of Ignacio (Ute 1), near Bondad Hill (Ute 3) and a network of “Purple Air Sensors”. Real-time **particulate matter** data and additional wood smoke resources can be found by following the links below:

[Southern Ute Indian Tribe Ambient Monitoring Program Website](#)

[Wood Smoke and Your Health CDPHE](#)

[EPA Burn Wise Program](#)

Dry Firewood Burns Cleaner - Here are Some Tips

Burning Dry Firewood provides more heat, reduces the amount of fuel needed and releases less smoke into your home and your neighborhood. Here are some tips to help keep firewood dry.

- **Split:** Split wood dries much faster. Split firewood so that it is no larger than 6in wide.
- **Stack:** Properly stacked firewood allows air to circulate around the wood helping to dry it out. Stacking wood on rails or in a shed helps to keep the bottom layer dry.
- **Store:** Keep snow and rain off the wood pile by covering the top of the woodpile with a tarp.
- **Save:** It is best to let wood dry for 6 to 12 months. Softwoods can take almost 6 months and hardwoods take up to 12 months to dry.



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