Health Effects of Smoke

**Short-Term Effects**
- Irritated eyes, lung, throat, sinuses
- Headaches and allergies
- Trouble breathing
- Asthma attacks
- Risk of heart attack and stroke

**Long-Term Effects**
- Chronic lung disease
- Chronic bronchitis
- Emphysema
- Nose, throat, lung, blood and lymph system cancers

Clean Heating Choices:
Your heat, your health, your choice

To report an air quality problem:
1) Go ONLINE for the quickest response: pscleanair.org/complaint
2) CALL our air quality complaint line: 800-552-3565, ext. 6
3) MAIL your complaint to:
   Puget Sound Clean Air Agency
   ATTN: Inspection
   1904 Third Avenue
   Suite 105
   Seattle, WA, 98101

**NOTE**: Your complaint will become a public record.
The choices you make to heat your home have consequences for your health and your environment. Here are some considerations to help you choose the best heating option for your home and neighborhood.

<table>
<thead>
<tr>
<th></th>
<th>Heat Pump</th>
<th>Oil &amp; Natural Gas Furnace</th>
<th>Natural Gas or Propane</th>
<th>Pellet Stove</th>
<th>Certified Wood Stove</th>
<th>Manufactured Logs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emitted less than 1 pound of fine particle pollution per year</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>OK to use in Stage 1 Burn Ban</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>OK to use in Stage 2 Burn Ban</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Heats in power outage</td>
<td>✔</td>
<td>✔ *</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

*With a battery back-up.

**Fine Particle Pollution: How Heat Choices Compare**

- **Uncertified Wood Stove**
- **EPA Certified Wood Stove**
- **Pellet Stove**
- **Oil Furnace**
- **Gas Furnace or Stove**
- **Electric Heat**

**VERY DIRTY**

- 244 lbs. of annual pollution
- 97 lbs. of annual pollution
- 27 lbs. of annual pollution
- 1/4 lb. of annual pollution
- 1/6 lb. of annual pollution
- ZERO annual pollution

**NOTE:** Although open-hearth fireplaces emit more fine particle pollution than wood stoves, they are not included in this comparison because fireplaces are not actually a source of heat.