

## 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](http://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.*

  
**pscleanair.org**  
Puget Sound Clean Air Agency





# Clean Heating Choices

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.

	Heat Pump	Oil & Natural Gas Furnace	Natural Gas or Propane	Pellet Stove	Certified Wood Stove	Manufactured Logs
Emits less than 1 pound of fine particle pollution per year	✓	✓	✓			
OK to use in Stage 1 Burn Ban	✓	✓	✓	✓	✓	
OK to use in Stage 2 Burn Ban	✓	✓	✓			
Heats in power outage			✓	✓*	✓	✓

\*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**

**VERY CLEAN**

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.