

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

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.


pscleanair.org
Puget Sound Clean Air Agency

Clean Heating Choices:

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Your heat, your health,
your choice





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

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

VERY CLEAN

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.