

# **Winter Issues with Wood Smoke and COVID-19**

Increases in Risk & Risk Reduction  
Strategies

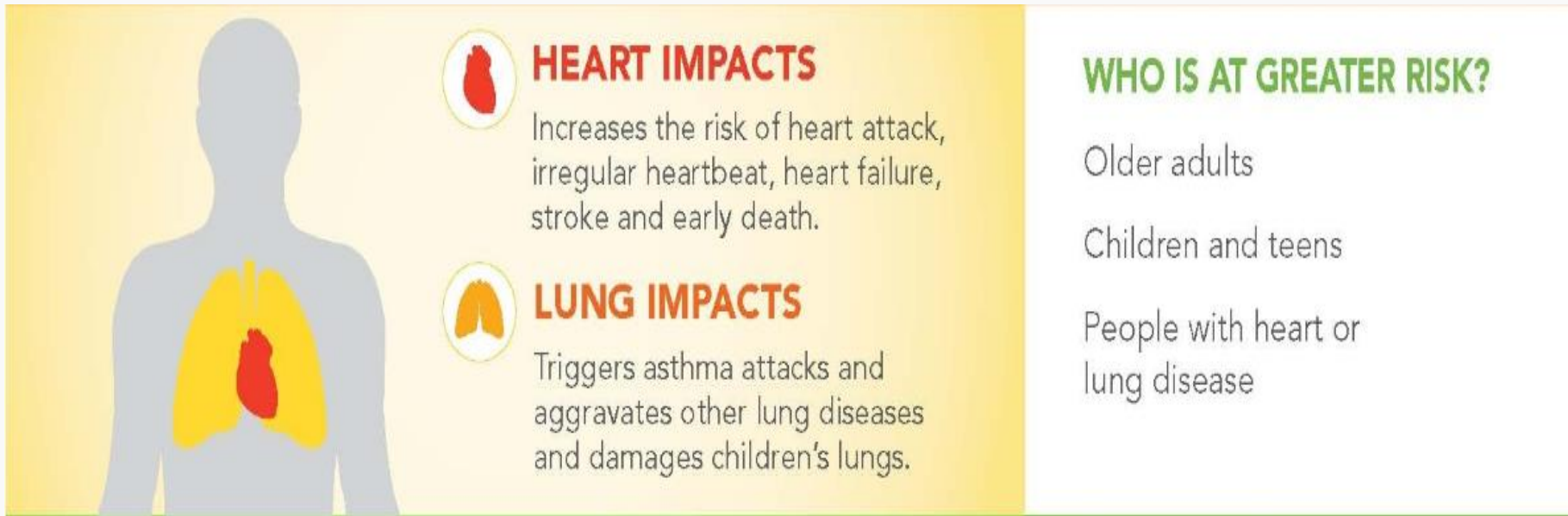
# Sources of Residential Wood Smoke

- Fireplaces
- Wood Stoves
- Pellet Stoves
- Hydronic Heaters (wood boilers)
- Forced Air Wood Furnaces
- Outdoor Fire Pits



Photo credit: Makah Tribe

## Potential Health Effects from Wood Smoke Exposure



**HEART IMPACTS**  
Increases the risk of heart attack, irregular heartbeat, heart failure, stroke and early death.

**LUNG IMPACTS**  
Triggers asthma attacks and aggravates other lung diseases and damages children's lungs.

**WHO IS AT GREATER RISK?**

- Older adults
- Children and teens
- People with heart or lung disease

- ↑ 1. Those recovering from COVID-19 may be at increased risk of health effects from wood smoke
- 2. Exposure to wood smoke may make you more susceptible to respiratory infections, likely including COVID-19

## Know the difference between symptoms from smoke exposure and COVID-19

- According to [CDC guidance](#), some symptoms, like dry cough, sore throat, and difficulty breathing can be caused by both smoke exposure and COVID-19.
- Learn about CDC's [list of symptoms of COVID-19](#). Symptoms like fever or chills, muscle or body aches, and diarrhea are not related to smoke exposure. If you have any of these symptoms, the CDC [COVID-19 Self-Checker](#) can help you determine whether you need further assessment or testing for COVID-19. If you have questions after using the CDC [COVID-19 Self-Checker](#), contact a healthcare provider.
- If you have severe symptoms, like difficulty breathing or chest pain, immediately call 911 or the nearest emergency facility.

For more information about COVID-19, go to [CDC's Coronavirus \(COVID-19\) webpage](#).

# Wood Smoke: Risk Reduction Strategies

## Wood Smoke and COVID-19

- Upgrade appliance to a cleaner, more efficient appliance such as an EPA-certified wood stove, or a gas appliance or heat pump.

# Old 'Conventional' Stoves Built Before 1990



Photo credit: Nez Perce Tribe



Photo credit: Makah Tribe



Photo credit: Canada Burn it Smart!



## EPA Certified or Advance Technology Stoves



Photo credit: Canada Burn it Smart!



Photo credit: Canada Burn it Smart!



Photo credit: EPA

# EPA Wood Stove Database

If you know the make and model of a wood stove, you can check to see if it is EPA-certified on EPA's [Wood Stove Database](#)



# Wood Smoke: Risk Reduction Strategies (cont.)

## Wood Smoke and COVID-19

- Employ best burn practices
- Schedule an annual inspection
- Use an air cleaner or HVAC filter
- Weatherize your home

## Indoor Air Webpages

### [Indoor Air and COVID-19](#)

- Ventilation and COVID-19
- Air Cleaners, HVAC Filters and COVID-19
- Additional Measures to Address COVID-19 in Public Indoor Spaces
- COVID-19, Wildfires, and Indoor Air Quality
- Science and Technical Resources related to Indoor Air and COVID-19

## Contact info/Other Resources

- Ellen Wildermann  
[Wildermann.ellen@epa.gov](mailto:Wildermann.ellen@epa.gov)  
(919) 593-2316
- [Burn Wise Website](#)
- [How-to Videos](#)
- [Order educational materials](#)