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

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

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

- According to [CDC guidance](https://www.cdc.gov), 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](https://www.cdc.gov). 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](https://www.cdc.gov) 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](https://www.cdc.gov), 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](https://www.cdc.gov).
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

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• Burn Wise Website
• How-to Videos
• Order educational materials