CAN YOU CHOOSE A HEALTHIER WAY TO HEAT YOUR HOME THIS WINTER?

DID YOU KNOW THAT WOOD HEATER SMOKE IS A TOP SOURCE OF WINTER AIR POLLUTION?

The smoke wood heaters produce contains fine particulate matter (PM2.5), a dangerous pollutant that harms our bodies. PM2.5 can be inhaled deep into the lungs and cause breathing difficulties and can even enter the bloodstream.

Smoke travels across neighbourhoods, posing a serious health risk to everyone.

WOOD HEATER SMOKE IS PARTICULARLY DANGEROUS FOR:



People living with asthma or other respiratory conditions



People with heart disease



Pregnant people and their unborn children



Infants and young children

RESEARCH SHOWS HALF OF WOOD HEATER USERS IN AUSTRALIA ALSO HAVE HEALTHIER, ALTERNATIVE HEATING OPTIONS.

If you have the choice, consider using reverse-cycle air conditioning instead. It's cleaner, more efficient, and better for your neighbours and the environment.

The people around you will thank you!



For more information and tips on healthy home heating options, visit Asthma Australia at <u>asthma.org.au</u> or call **1800** ASTHMA (1800 278 462).

