

WILL I LIGHT THE FIRE?

Approximately 40% of emissions from open fires remain in the room, seriously harming your health and those around you.

**Before you light that fire, ask yourself
the burning question, is it really necessary?**



**Irish Heart
Foundation**

The National Stroke & Heart Charity

cleanair.ie

FAQs

1. What is solid fuel burning?

Solid fuel burning is lighting any solid fuel such as wood, coal, peat briquettes or turf in an open fire or stove.

2. Why is solid fuel burning a concern?

When these types of solid fuels are burned in an open fire or stove, they release harmful pollutants such as particulate matter (PM). These harmful pollutants are released both into the room and out the chimney where they linger around your home and neighbourhood, harming your health and the health of your family, neighbours, and community.

3. How is it bad for your health?

Pollutants, such as PM, are made up of tiny, microscopic particles that once inhaled, can affect nearly every organ inside your body. When inhaled deep into the lungs, they can cause damage to the respiratory system. These tiny particles can then travel from the lungs into the bloodstream, causing damage to your heart and arteries. New evidence also suggests that air pollution is linked to dementia. Air pollution in Ireland causes 1,600 premature deaths per year, the vast majority due to air pollution from the burning of solid fuels.

4. Who is most at risk?

Burning solid fuels in an open fire or stove harms everyone's health, but children, older people, pregnant women, and those with underlying conditions are most at risk.

5. How can I protect my health and my family's health?

If you don't need to light an open fire or stove to heat your home, it's best to leave it unlit.

6. What should I do if I need to light a fire to heat my home?

If your fire or stove is your main source of home heating, you should continue to use it and not suffer from the cold. It is important that you continue to stay warm in your home, but where possible, use fuels such as dry wood and smokeless coal.

7. Where can I find out more information?

To find out more, visit cleanair.ie