



CHECK
BEFORE
YOU
BURN

CHECK BEFORE YOU BURN SEASON CONTINUES

During cooler months, residents are required to refrain from indoor and outdoor wood burning on days when poor air quality is forecast, as part of the “Check Before You Burn” campaign. Check Before You Burn educates residents about the hazards of wood smoke and prohibited from burning in a fireplace, stove, or outdoor fire pit for 24 hours on No-Burn Days.

South Coast AQMD issues “No-burn Alerts” when unhealthy air quality is predicted, restricting residential wood-burning in fireplaces, backyard fire pits, and wood stoves for 24 hours.

Short-term exposure to PM2.5 can cause throat and eye irritation, aggravate asthma, and trigger other respiratory or cardiovascular health problems. Prolonged exposure to high levels of PM2.5 may increase the risk of strokes, heart attacks and cancers. Young children, older adults, people with lung or heart diseases, people who are pregnant, and those who spend a lot of time outdoors are especially vulnerable to the health effects of PM2.5. Burning wood contributes to poor indoor air quality and air quality in surrounding neighborhoods.

There are multiple ways to Check Before You Burn:

- **E-Mail Notifications:** Sign up to receive [Air Alerts](#) on air quality and be notified when a mandatory No-Burn Day has been issued for your neighborhood.
- **Check Before You Burn Map:** Visit the [Check Before You Burn map](#) on our website for daily forecast information.
- **Toll-Free Phone Number:** Call 866-966-3293 for daily Check Before You Burn information.
- **Mobile App:** Download the [South Coast AQMD app](#) to check local air quality.
- **Social Media:** Follow South Coast AQMD’s social media accounts on [Facebook](#), [X](#) (formerly known as Twitter) and [Instagram](#).

Visit South Coast AQMD’s Check Before You Burn Program webpage at www.aqmd.gov/cbyb for more information.

LOOKING AHEAD TO A CLEANER, GREENER 2025!

As we welcome the New Year, here are some ideas for resolutions that can help you make a positive impact in the months ahead! South Coast AQMD encourages Southern California residents to take small actions that collectively improve our air quality. Here are some resolutions to get started:



Reduce Wood-Burning with Cleaner Alternatives

Wood fires may feel cozy, but they emit pollutants that affect respiratory health. Consider switching to a gas or electric fireplace to stay warm without the smoke. Keep an eye on South Coast AQMD’s “[Check Before You Burn](#)” program, which restricts wood burning on high-pollution days.



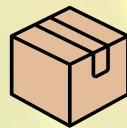
Use Public Transportation or Micro-Mobility Options

Every trip on public transit, a shared car, or even a bike means fewer polluting cars on the road. Try carpooling, biking, or walking for short trips to help improve local air quality. Many cities are introducing micro-mobility networks with greener transportation options!



Switch to Eco-Friendly Household Cleaners

Many cleaning products contain chemicals that affect indoor and outdoor air quality. Choose cleaners with low-volatile organic compounds or natural products to improve your indoor air quality and create a healthier home environment.



Consolidate Deliveries and Shop Locally

Multiple and single-item online orders can increase emissions from transportation. When possible, consolidate deliveries or shop at local businesses. Shopping locally reduces packaging and cuts your carbon footprint.



Apply for an Alternative Fuel Vehicle Incentive

Thinking of upgrading your car? South Coast AQMD’s “Replace Your Ride” program offers incentives to help eligible residents switch to cleaner plug-in hybrid vehicles or all electric. Visit www.replaceyourride.com for details.



Plant Trees or Native Plants

Adding native plants or trees to your yard filters pollutants, absorbs carbon, and requires less water.



Encourage Local Businesses to Go Green

If you’re a business owner or know local businesses, promote sustainable practices like reducing single-use plastics, adopting green shipping methods, or using energy-efficient lighting. Supporting green businesses creates a ripple effect that benefits air quality and sustainability.

These small changes make a big difference. Let’s commit to cleaner air in 2025 for a healthier Southern California!