



Media Release

NL Lung Association offers tips to stay healthy on Bonfire Night

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The Newfoundland and Labrador Lung Association would like to advise residents of potential health risks associated with bonfires.

Chemicals and particulate matter that compose the smoke from fire can settle in the lungs and damage lung tissue. This may lead to asthma, bronchitis, and other lung diseases

Guy Fawkes Night is a tradition in Newfoundland and Labrador, and many people will be participating in activities around an open fire, therefore the Lung Association is asking resident to follow a few simple guidelines to protect their lung health.

- Do not burn anything other than un-treated or unpainted wood
- Please do not burn tires, plastic; paint cans; garbage or anything that has been treated or made with chemicals
- Do not use any material, product or chemicals that change the color of the fire
- Keep a safe distance and preferable up-wind from the fire/smoke
- Whenever possible avoid breathing in the smoke!

“Bonfire night is an enjoyable tradition in this province and if people are going to participate we would like them to do so safely,” said Greg Noel, Executive Director. “If people are going to be near a bonfire tonight, they should follow these guidelines to protect their lungs and the environment.”

The Newfoundland and Labrador Lung Association is a not-for-profit health charity, which offers programs and services in the areas of lung health, smoking cessation and air quality. We have been serving the people of our province since 1944. For more information on our *Environmental Initiatives* any other Lung Association health initiatives, please visit our website at www.nf.lung.ca.

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