To reduce the harmful effects of wood smoke, follow these steps:

1. Clean your **chimney** every year.
2. Use only **dry, aged, untreated** wood.
3. Use **small logs** instead of one large one.
4. Don’t let your fire **smoulder** overnight.
5. Consider a cleaner heating method.

Remember, even in small amounts, wood smoke pollutants can be harmful, especially to the young, frail or elderly.