

WHAT ARE PFAS?

Per- and polyfluoroalkyl substances (PFAS)— also known as “**forever chemicals**” are a series of man-made chemical compounds that persist in the environment for long periods of time.

They are used in industry and consumer products like **nonstick cookware, waterproof clothing, and stain-resistant furniture.**

Drinking water:

Public water systems and private wells may have PFAS in them.



Food:

Fish that is from contaminated water and dairy products from animals exposed to PFAS.

Fire Extinguishing Foam:

PFAS are in the foam used in trainings and emergencies.



Manufacturing or Chemical Production Facilities:

Producing or using PFAS to make chrome plating, electronics or paper



Household Products:

Examples include stain and water repellents, cleaning products, paints, varnishes, and sealants.



Personal Care Products:

Certain shampoos, cosmetic products, dental floss



Waterproof Materials:

Water repellents used on clothing, upholstery, and other fabric

EXPOSURE TO PFAS OVER A LONG PERIOD OF TIME CAN CAUSE:

- Increased risk of certain cancers
- Reduced immune system & vaccine response
- Increased cholesterol
- Increased risk of obesity
- Increased blood pressure during pregnancy
- Decreased fertility
- Development effects or delays for children such as low birthweight

Soil & Water:

Landfills, disposal sites



Biosolids:

Fertilizer from wastewater treatment plants

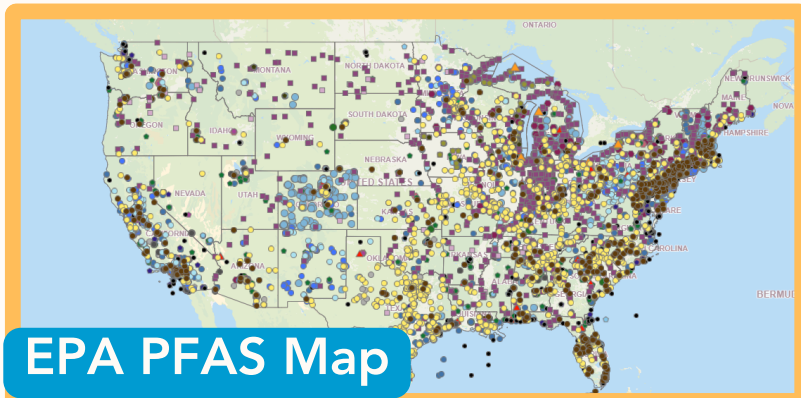


Food Packaging:

Grease resistant paper, fast food containers and wrappers, candy wrappers, and microwave popcorn bags



HOW CAN YOU LIMIT EXPOSURE TO PFAS?



Find out where PFAS are located:

- EPA developed a tool that shows the locations of PFAS in the United States
- To use the tool, visit: bit.ly/3CBTrzN

Check your drinking water for PFAS by contacting:

- Your Local Water Utility or State Water Resources Control Board at: bit.ly/4fj397X

Avoid eating fish contaminated with PFAS:

- Refer to State, Territory and Tribe Fish Advisory Contact List: bit.ly/4gmMhOx

Avoid consumer products with PFAS by:

- Contacting the Consumer Product Safety Commission's Consumer Ombudsman at (301) 504-8120



Look for the Safer Choice Label on Products:

- The Safer Choice program finds products that contain ingredients that are safe for human health and the environment



Consider Installing a Water Filter Water Filter Options:

- Granular activated carbon (GAC)
- Anion exchange
- Reverse osmosis
- Nanofiltration

RESOURCES

- Learn more about PFAS: bit.ly/4fPhsBN
- Find out if there is PFAS contamination near you: bit.ly/4hQKeDG
- Find out additional steps you can take to reduce your risk of PFAS: bit.ly/4fH30MB
- Find out how the State Water Resources Control Board is addressing PFAS: bit.ly/4fj397X
- To learn more about drinking water treatment options: bit.ly/4fMmSNJ