

# PFAS Exposures

## What Are PFAS?

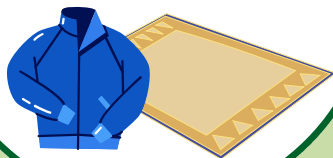
- PFAS, also called “**forever chemicals**”, include thousands of different types of chemicals that stay in the environment for a long time.<sup>1</sup>
- Almost all humans have some PFAS in their blood.<sup>1</sup>

## Where are PFAS?

- Since the 1950s, they have been added to **everyday household items**. You can also come in contact with PFAS through **the environment**.<sup>1-3</sup>

Some ways people are exposed to PFAS include:

water- and stain-resistant clothing and carpeting<sup>1</sup>



contaminated food<sup>3</sup>



food packaging and non-stick cookware<sup>1-3</sup>



contaminated water or dust<sup>2,3</sup>



firefighting foams<sup>1</sup>



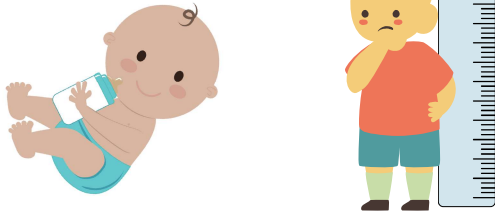
chemical plants<sup>3</sup>



## How Can PFAS Affect My Health?

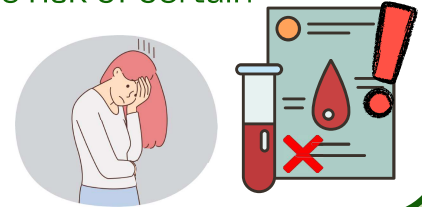
### In infants, contact with certain PFAS can:

- Impact child development.<sup>3</sup>
- Cause babies to be smaller when born.<sup>4</sup>



### As we age, contact with certain PFAS can:

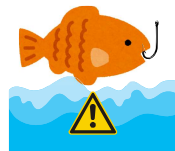
- Interfere with our natural hormones and immune system.<sup>3</sup>
- Increase cholesterol levels.<sup>4</sup>
- Increase the risk of certain cancers.<sup>3,4</sup>



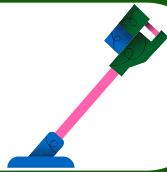
## How Can I Reduce My Exposure to PFAS?

### DO:

Check for fish advisories if you plan to eat the fish you catch.



Vacuum your home regularly.



Consider replacing non-stick cookware that is scratched or is 10+ years old.



### CHOOSE:

Cast-iron, glass, ceramic or stainless pots and pans.



All-natural cleaning products.



PFAS-free stain- and water-repellants.



Personal care products like floss, nail polish, eye makeup, or shampoos that say “PFAS free” or “not made with PFAS”.



### References:

