

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.



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.

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.

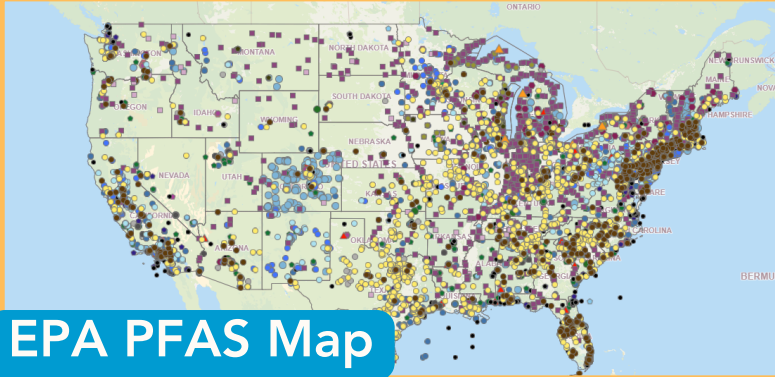


Food Packaging:

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



HOW CAN YOU LIMIT EXPOSURE TO PFAS?



EPA PFAS Map

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: tinyurl.com/PFAS-Tools

Check your drinking water for PFAS by contacting:



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

Avoid eating fish contaminated with PFAS:



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

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/EPA-PFA
- Find out how the State Water Resources Control Board is addressing PFAS: bit.ly/Water-Board-PFAS
- Find out if there is PFAS contamination near you: tinyurl.com/PFAS-Contamination
- Find out additional steps you can take to reduce your risk of PFAS: tinyurl.com/Reduce-Your-Risk-PFAS
- To learn more about drinking water treatment options: tinyurl.com/PFAS-FactSheet

