

# PFAS: What to know about “forever chemicals”

## What are PFAS?

PFAS are man-made compounds used in industry and consumer products worldwide that enter the environment and water cycle, named “forever chemicals” because they break down slowly over time.

## They can be found in...

- Home products: Furniture, tents, degreasers & more
- Personal care: Cosmetics, shampoos, and sunscreens
- Food: Packaging, cookware, food processing equipment
- Drinking water: Contamination is usually localized and associated with an industrial facility or firefighting foams.



...and more.

## Understanding the risks

Scientific research shows that exposure to PFAS over time can have negative impacts on human health, including:



Increase in cholesterol levels



Kidney & testicular cancer



Changes in liver enzymes



Low birth weight & pregnancy complications



## What you can do to reduce PFAS in the environment

Choose alternative products to avoid PFAS:

- Cook with stainless steel, cast-iron, glass or ceramics rather than nonstick pots and pans.
- Read ingredient lists and choose products without PTFE or perfluoro- or polyfluor-.
- Look for coats, hats, and boots labeled water resistant. They're less likely to have PFAS.
- Make popcorn on the stove or in an air popper instead of microwave bags. Steer clear of food in grease-resistant wrappers or containers.
- Avoid carpets, curtains and upholstery treated to be stain or water resistant, decline stain treatment.



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