

# PFAS | What You Need to Know

## What are PFAS?

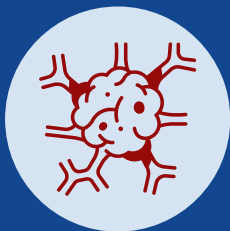
PFAS, or per- and polyfluoroalkyl substances, are an increasingly common class of persistent synthetic compounds. These substances are often referred to as "forever chemicals" due to their resistance to environmental breakdown. This means PFAS move through soil and contaminate drinking water sources. PFAS can also build up, or bio-accumulate, in fish and wildlife.

## Common Forms of Exposure

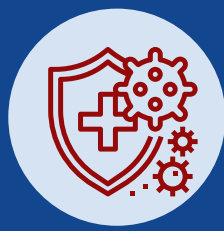
- Contaminated water and food
- Grease-resistant paper, fast food containers/wrappers, microwave popcorn bags, pizza boxes, candy wrappers
- Cosmetics and personal care products
- Cleaning products and non-stick cookware
- Stain-resistant carpet and fabric
- Water repellent clothing
- Firefighting foam, paint varnishes, sealants

Research has shown that higher exposure to PFAS is associated with a higher risk of health complications including:

## Health Concerns



certain types of cancer



reduced immune response



heart and thyroid disease



developmental delays



infertility and pregnancy complications

## Reduce Exposure Exposure to PFAS

The best way to limit exposure is to avoid products that contain PFAS!