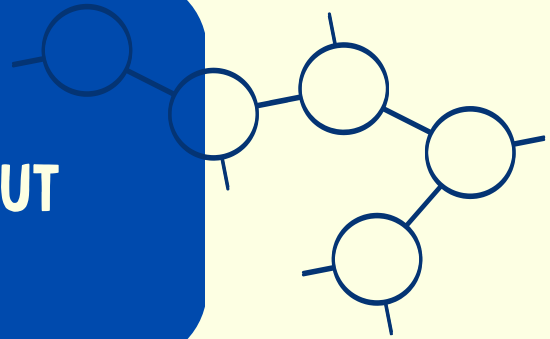


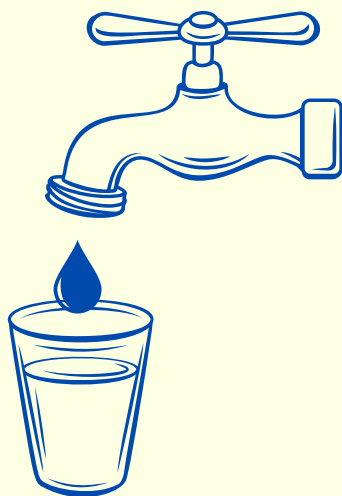
# PFAS 101:

## WHAT YOU NEED TO KNOW ABOUT THE "FOREVER CHEMICALS"



### WHAT ARE PFAS?

Per- and poly-fluoroalkyl substances (PFAS) are a group of man-made chemicals that have been produced for industrial and consumer products since the 1940's. PFAS were developed for their various manufacturing characteristics, including temperature control, non-stick qualities, and low degradation. While there are thousands of different PFAS, Perfluorooctanoic Acid (PFOA) and Perfluorooctane Sulfonate (PFOS) are the most commonly produced chemicals in the group.



### PFAS IN THE ENVIRONMENT

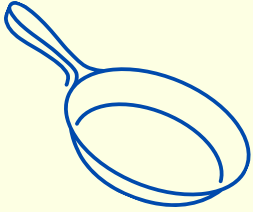
Because of their chemical composition, many PFAS do not break down in the natural environment, and in turn, build up in surface water and groundwater, air, and soil. Humans can be exposed to PFAS by drinking contaminated water, inhaling certain dusts or soil, or using products that have been made with PFAS or have been packaged with PFAS-containing materials. Some individuals may face higher rates of exposure depending on their occupation or if they live near a facility that produces PFAS products.

### WHAT'S THE CONCERN?

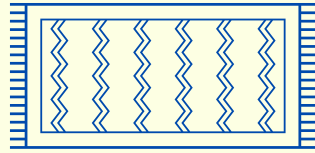
Scientific research indicates that high levels of exposure to PFAS over time can have various impacts on human health. In particular, studies have found links between exposure from PFAS and effects on the body's immune, cardiovascular, and reproductive systems as well as developmental delays and certain forms of cancer. Scientists are still currently working to understand how low exposure over longer periods of time and different forms of the chemicals may impact human health.

# WHAT YOU CAN DO TO REDUCE PFAS

You can lessen PFAS exposure by minimizing the number of PFAS-containing products in your home, especially if PFAS-free alternatives are available. When you shop, know what types of products likely contain the chemicals:



**NON-STICK  
COOKWARE**



**STAIN RESISTANT  
CARPETS & FABRIC**



**FAST FOOD  
PACKAGING**



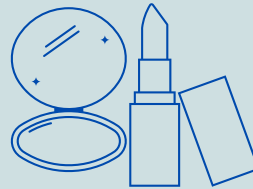
**WATERPROOF  
CLOTHING**



**SHAMPOOS**



**TOOTHPASTE**



**MAKEUP &  
SUNSCREEN**

## CHEMICAL NAMES TO LOOK OUT FOR IN INGREDIENTS

- polytetrafluoroethylene (PTFE)
- perfluorononyl dimethicone
- perfluorodecalin
- C9-15 fluoroalcohol phosphate
- octafluoropentyl methacrylate
- perfluorohexane
- pentafluoropropane
- methyl perfluorobutyl ether

## CHOOSING PFAS-FREE ALTERNATIVES

- Purchase stainless steel, cast-iron, glass, or ceramic cookware for your kitchen instead of non-stick products.
- Avoid grease-resistant containers by selecting glass, silicone, stainless steel, or bamboo-based products for food storage.
- Look for clothing that is "water-resistant" as opposed to "waterproof".
- To avoid the use of stain-resistant coatings such as Scotchguard, consider purchasing furniture with polyester or plastic-based fabrics that are already stain resistant and easy to clean.
- If ingredients are not listed, contact the manufacturer or the U.S. Consumer Product Safety Commission to determine if a product may contain PFAS.