

PFAS | WHAT YOU NEED TO KNOW

1 Possible sources of exposure

-  House dust
-  Occupational exposure (PFAS manufacture, firefighters, ski waxing, chromium plating...)
-  Home consumer products
-  Personal care products
-  Breast milk
-  Contaminated drinking water
-  Contaminated food
-  Food consumer products

2 How can PFAS enter your body?

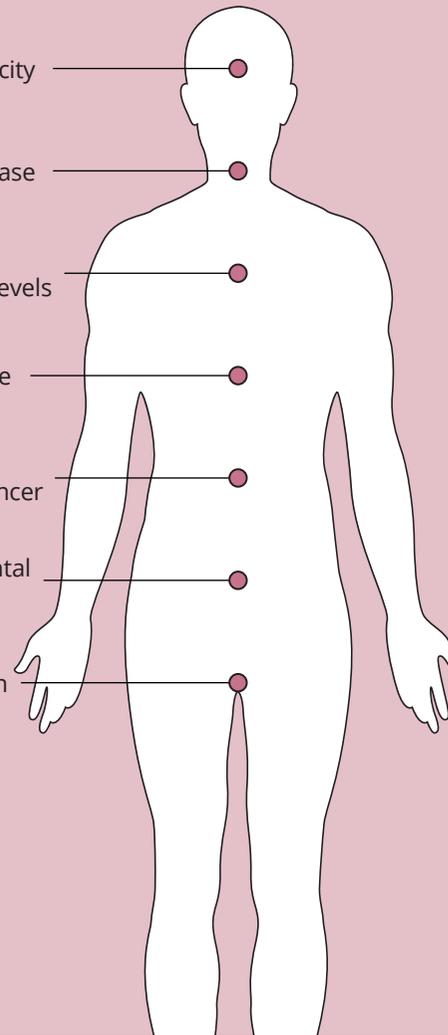
Via inhalation 

Via dermal absorption 

Via ingestion 

3 How might PFAS affect your health?

-  Immunotoxicity
-  Thyroid disease
-  Increased cholesterol levels
-  Liver damage
-  Kidney and testicular cancer
-  Developmental toxicity
-  Effects on reproduction and fertility



4 How can you reduce your exposure to PFAS?

-  **✗** Avoid fast-food wrapped in grease-proof paper
 -  **✗** Avoid fast-food sold in PFAS-containing cardboard, such as some pizza boxes
 -  **✗** Avoid using optional waterproofing sprays on clothing and footwear
 -  **✓** Ask for PFAS-free products when purchasing products that may contain PFAS. Ensure that products are free of all PFAS (and not just PFOS and PFOA)
 -  **✓** Check whether a particular product contains PFAS or not in online applications
 -  **✓** Instead of non-stick cookware, opt for ceramic, stainless steel, or cast iron
- If you live in or near areas known to be contaminated with PFAS:**
-  **✗** Avoid fishing and consuming fish from these areas
 -  **✓** Avoid consuming home-grown fruits and vegetables from these areas. Ask local authorities to assess the PFAS levels to reassure yourself that it is free of PFAS
 -  **✓** Please follow the advice from authorities for water use

Where they can be possibly found?

PFAS can be found in consumer products, such as food packaging and cookware; personal care products, such as shampoo, dental floss, nail polish and eye makeup; cleaning products, upholstery, leather, and carpets as well as home improvement products such as paints, varnishes, lubricants and sealants.



It can also be found in contaminated drinking water (close to manufacturing facilities, waste treatment facilities, firefighting and military training sites and airports) or food (fish, meat, fruit and fruit products, eggs, vegetables and vegetable products due to contaminated soil).

