

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



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).



3 How might PFAS affect your health?



Immunotoxicity



Thyroid disease



Increased cholesterol levels



Liver damage



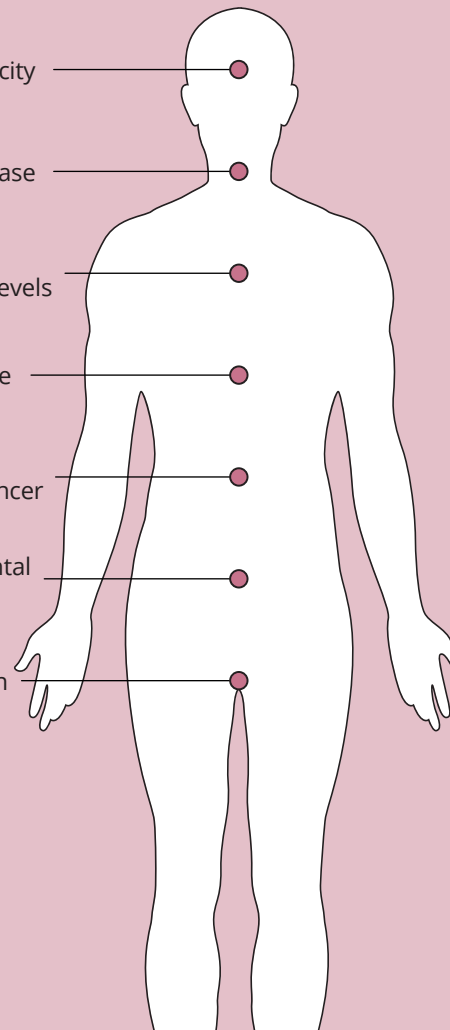
Kidney and testicular cancer



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

The EU has taken action to reduce people's exposure to PFAS. For example, PFOS, its salts and derivatives as well as PFOA, its salts and PFOA-related compounds are banned under the Regulation on Persistent Organic Pollutants. The [European Food Safety Authority](#) has defined a limit for the volume of four PFAS that may be safely consumed in food in a one-week period. EU REACH restrictions are also adopted for PFHxS en C9-C14 PFAS and will be effective in the coming years for several uses. Also, the Drinking Water Directive sets limit values for PFAS in water for human consumption. Most recently, the Chemicals Strategy for Sustainability set out a range of actions to regulate PFAS as a group, including phasing out the use of [PFAS in the EU](#), unless their use is essential.

For further information on how the European Union is protecting citizens read the [HBM4EU PFAS Factsheet](#).