















PAHs | WHAT YOU NEED TO KNOW

1 Possible sources of exposure

-  **Food:**
 -  Smoked, charbroiled, chargrilled or barbecued foods
 -  Coffee beans, cocoa beans and tea leaves
 -  Sea food
-  Breast milk (if mother exposed)
-  Contaminated soil and dust
-  Contaminated drinking water
-  Cigarette smoke
-  Contaminated air
-  Smoke from open fireplaces
-  Indoor air
-  Occupational exposure (cooking, coal-tar, asphalt production, smokehouses, and municipal trash incineration facilities)
-  Consumer products (made of rubber and/or plastic)

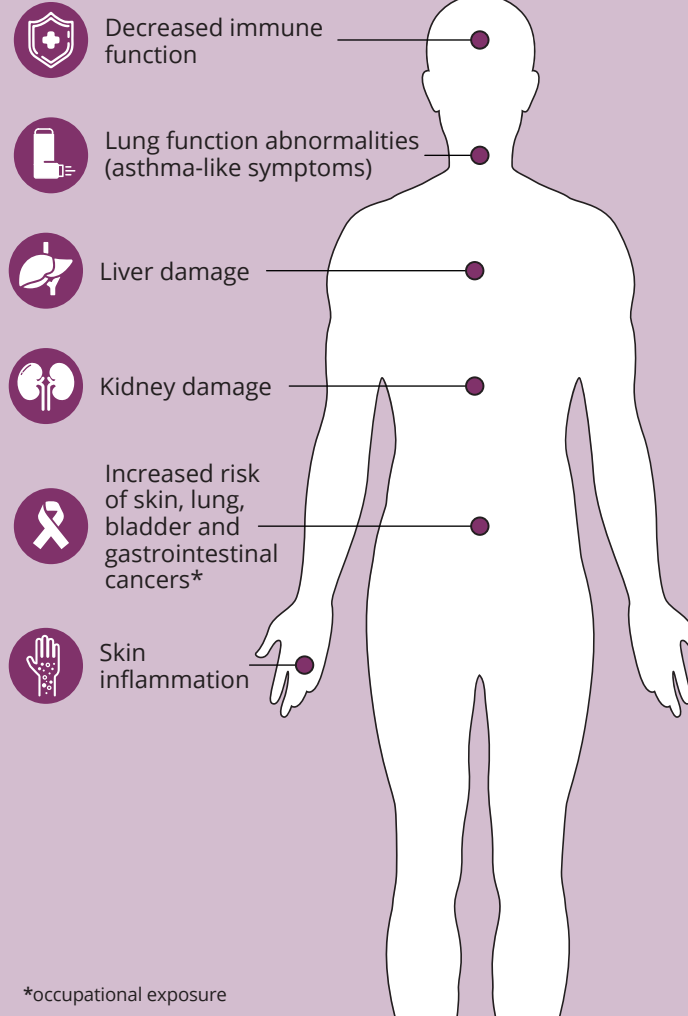
2 How can PAHs enter your body?

Via ingestion 

Via inhalation 






Via dermal absorption 

3 How might PAHs affect your health?




*occupational exposure

4 How can you reduce your exposure to PAHs?


-  ✓ **Avoid** consuming smoked, charbroiled, chargrilled or barbecued foods
-  ✓ **Avoid** smoking. If you do, smoke outdoors and in areas away from children. Avoid secondhand smoke
-  ✓ **Avoid** exposure to automobile exhaust and areas of high traffic congestion
-  ✓ **Avoid** smoke from open fireplaces
-  ✓ **Make sure** that all gas-burning appliances are in good working condition and well-ventilated to the outside
-  ✓ **Prevent** dust at home by dusting frequently with a damp rack
-  ✓ **Make sure** that rubber toys do comply with the regulation and maximum PAHs content allowed
-  ✓ When working with products containing PAHs, **avoid** exposure to dust and fumes by wearing an appropriate respirator

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The European Union has taken action to protect citizens by setting legal limits for the concentration of PAHs known to cause risks to health, in certain foodstuff and certain consumer products. [Maximum levels for four PAHs have been set for foodstuffs.](#)

 For further information on PAHs, please visit the '[HBM4EU Factsheet](#)' section.

Where can they possibly be found?

-  PAHs might be found in smoked fish and meat, charbroiled foods, chargrilled or barbecued foods. They can also be found in certain rubber materials, smoke from cigarettes and open fireplaces.