



HOW CAN I REDUCE MY EXPOSURE TO PFAS?

PFAS (per- and polyfluoroalkyl substances) are a class of chemicals that companies add to consumer products to make them non-stick, waterproof, and stain-resistant. They are found in carpets and upholstery, waterproof apparel, non-stick cookware, grease-proof food packaging, and even dental floss. They are also used in firefighting foams for putting out fuel fires.

Unfortunately, studies have linked these chemicals with a range of health problems including cancers, thyroid disease, high cholesterol, obesity, and effects on the immune system. Luckily, there are simple steps you can take to reduce your everyday exposure to PFAS and create a healthier environment for you and your family.



Avoid products with the ingredient PTFE or other "fluoro" ingredients listed on the label.



Choose cookware made of cast iron, stainless steel, glass, or enamel instead of Teflon.



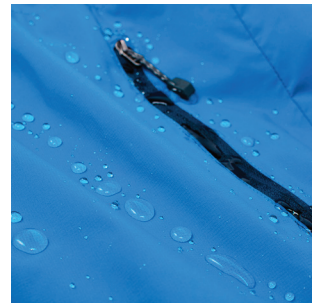
Eat more fresh foods to avoid take-out containers and other food packaging.



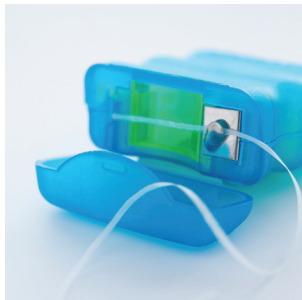
Filter your drinking water with an activated carbon or reverse osmosis filtration system.



Avoid microwave popcorn and greasy foods wrapped in paper.



When possible, purchase waterproof apparel made without PFAS.



Look for nylon or silk dental floss that is uncoated or coated in natural wax.



Avoid stain-resistant carpets and upholstery, as well as stain-resistant treatments and waterproofing sprays.



Tell retailers and manufacturers you want products made without PFAS chemicals.