

PFAS: What to know about “forever chemicals”

What are PFAS?

PFAS are man-made compounds used in industry and consumer products worldwide that enter the environment and water cycle, named “forever chemicals” because they break down slowly over time.

They can be found in...

- Home products: Furniture, tents, degreasers & more
- Personal care: Cosmetics, shampoos, and sunscreens
- Food: Packaging, cookware, food processing equipment
- Drinking water: Contamination is usually localized and associated with an industrial facility or firefighting foams.



...and more.

Understanding the risks

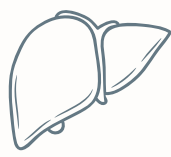
Scientific research shows that exposure to PFAS over time can have negative impacts on human health, including:



Increase in cholesterol levels



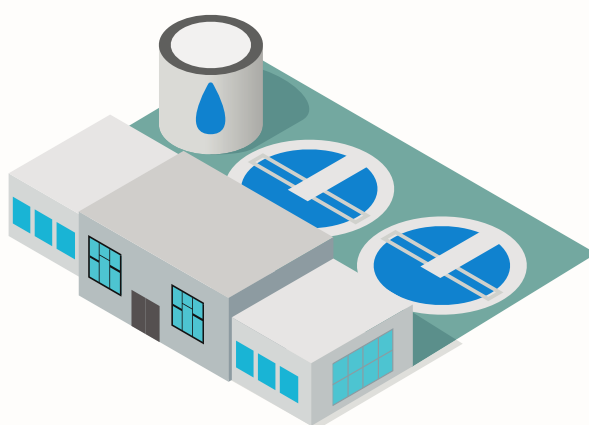
Kidney & testicular cancer



Changes in liver enzymes



Low birth weight & pregnancy complications



What you can do to reduce PFAS in the environment

Choose alternative products to avoid PFAS:

- Cook with stainless steel, cast-iron, glass or ceramics rather than nonstick pots and pans.
- Read ingredient lists and choose products without PTFE or perfluoro- or polyfluor-.
- Look for coats, hats, and boots labeled water resistant. They're less likely to have PFAS.
- Make popcorn on the stove or in an air popper instead of microwave bags. Steer clear of food in grease-resistant wrappers or containers.
- Avoid carpets, curtains and upholstery treated to be stain or water resistant, decline stain treatment.



Metropolitan Washington
Council of Governments

Learn more:
mwcog.org/pfas