

Ways to Reduce Your Exposure to PFAS

1



Use point-of-use filter certified to remove PFAS compounds to filter your drinking water.

2



Avoid non-stick cookware that is scratched or flaking off. If the coating is still intact, reduce the temperature below 400F to avoid vapor fumes while cooking.

3



Avoid microwave popcorn. Cook using a popcorn popper or on the stovetop.

4



Bring your own to-go food containers for leftovers when eating out.

5



Avoid cosmetics, dental floss, varnishes, and many household cleaning products that contain PFAS.

6



Only use waterproof clothing when it is necessary.

7



Be aware when purchasing stain-resistant and waterproof carpet and upholstered furniture.

Per- and Polyfluoroalkyl Substances (PFAS) are man-made chemicals that affect our environment through impacted wastewater, landfill leachate, surface water, groundwater and air.

