

## HOW ARE WE EXPOSED TO PFAS?

PFAS include a large number of important chemicals that can be used in some food packaging and can make things grease- and stain-resistant. They are also used in firefighting foams and in a wide range of manufacturing practices. Unfortunately, some of these substances don't break down over time. That means they build up in the environment and in our bodies.

Drinking water can be a source of exposure in communities where these chemicals have contaminated water supplies. Such contamination is typically localized and associated with a specific facility, for example,

- an industrial facility where PFAS were produced or used to manufacture other products, or
- locations where firefighting foam was used such as oil refineries, airfields or other training facilities for firefighters

If you are concerned about the possibility of PFAS in your drinking water, contact your local water supplier and ask for more information about PFAS.



STAIN/GREASE  
REPELLENT



FIREFIGHTING  
FOAMS



INDUSTRIAL  
USES

## HEALTH EFFECTS

There is evidence that exposure to PFAS can lead to adverse health outcomes in humans. If humans or animals ingest PFAS (by eating or drinking food or water than contain PFAS), the PFAS are absorbed and can accumulate in the body. PFAS stay in the human body for long periods of time. In some cases, the level of PFAS in the body can increase to the point where people can suffer from adverse health effects.

Studies indicate that high concentrations of PFOA and PFOS can cause reproductive and developmental, liver and kidney, and immunological effects in laboratory animals. Both chemicals have caused tumors in animal studies. The most consistent findings from human studies are increased cholesterol levels among exposed populations, with more limited findings related to:

- infant birth weights
- adverse effects on the immune system
- cancer (for PFOA)
- thyroid hormone effects (for PFOS)