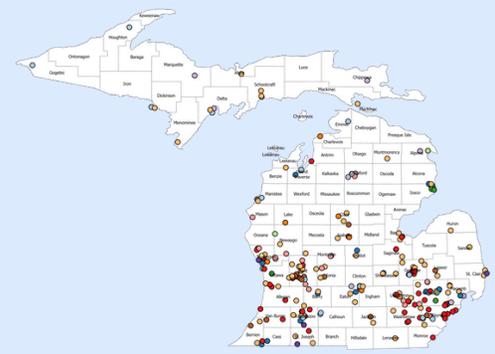


# Per- and polyfluoroalkyl substances (PFAS)

## Exposure



### What is PFAS?

PFAS are human-made chemicals which repel oil and water. They break down very slowly over time.

PFOA and PFOS are the most widely studied forms of PFAS.

### PFAS in consumer products:

- Non-stick cookware
- Waterproof clothing/shoes
- Aqueous film forming foams (fire-fighting foam)
- Food containers and drink cups
- Cosmetic/sanitary products
- Stain-resistant carpets/couches



### PFAS in the environment:

- Landfills
- Fire training and response sites
- Industrial sites
- Wastewater treatment facilities



### Main points:

- While PFOA and PFOS are being phased out of consumer products, they persist in the environment.
- Most PFAS do not break down in the environment.
- PFAS can pollute water, air, and soil.

### How can I be exposed to PFAS?



- Drinking and eating contaminated food and water
- Inhaling dust
- Hand to mouth transfer

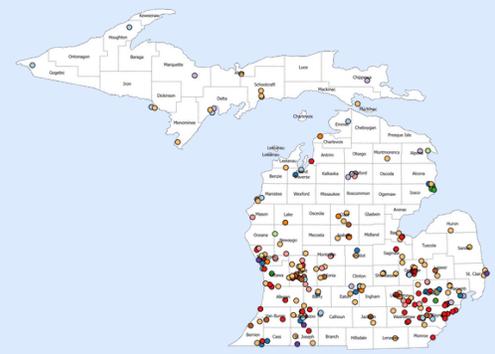


Some PFAS leave the body slowly and accumulate in many tissues. They leave the body through urine, menstrual blood, and breast milk.



# Per-and polyfluoroalkyl substances (PFAS)

# Exposure



## Who is at the highest risk of exposure to PFAS?



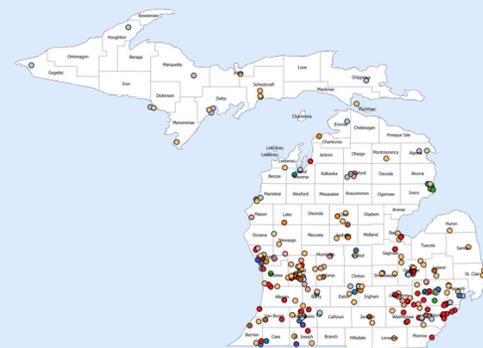
## How to reduce your exposure:

1. Avoid or minimize drinking or cooking with PFAS contaminated water.
2. Check fish advisories and avoid consuming fish from waters containing PFAS. Visit [www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish) for more information.
3. Read consumer product labels and minimize the use of products with non-stick, water repellent, and stain-resistant properties.

(Agency for Toxic Substances and Disease Registry)

# Per- and polyfluoroalkyl substances (PFAS)

# Exposure



As of 2022, the Michigan PFAS Action Response Team (MPART) has identified 228 sites where PFAS in groundwater is higher than Michigan's limit.



## Where can I learn more?

### Michigan PFAS Action Response Team (MPART)

- <https://www.michigan.gov/PFASresponse>

### Eat Safe Fish - State of Michigan Department of Health and Human Services

- <https://www.michigan.gov/eatsafefish>

### National Institutes of Environmental Health Sciences

- <https://www.niehs.nih.gov/health/topics/agents/pfc/index.cfm>

### Per- and Polyfluoroalkyl Substances (PFAS) - US EPA

- <https://www.epa.gov/pfas/our-current-understanding-human-health-and-environmental-risks-pfas>

### Per- and Polyfluoroalkyl Substances (PFAS) and Your Health - ASTDR

- <https://www.atsdr.cdc.gov/pfas/health-effects/exposure.html>

Please see [http://mleead.umich.edu/Coec\\_Fact\\_Sheets.php](http://mleead.umich.edu/Coec_Fact_Sheets.php) for the citations included in this factsheet. The University of Michigan Lifestage Environmental Exposures and Disease Center (M-LEEaD) Community Engagement Core (CEC) promotes collaboration among UM environmental health researchers and communities to advance knowledge of environmental health issues that affect community members in Detroit and Southeast Michigan.

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