Per- and Polyfluoroalkyl Substances (PFAS)

**EXPOSURE**

**KEY FACTS**

- PFAS are man-made chemicals that repel oil and water.
- PFOA and PFOS are the most widely studied forms of long-chain PFAS.
- They are used in many consumer products: non-stick cookware, water-resistant work boots, aqueous film-forming foams, water-proof clothing, food containers and drink cups, stain-resistant carpets/couches.
- PFAS can get into the environment and pollute water, soil, and air.

**EXPOSURE**

Once absorbed, PFOA and PFOS will remain in your body for upwards of 4 years.

It is possible to breathe in vaporized PFAS, however this exposure route is of minimal concern because PFAS does not easily aerosolize.

A very small, insignificant amount of PFAS can be absorbed through skin contact.

The most important exposure route of concern is consumption of PFAS contaminated water.

PFAS is readily absorbed in the gastrointestinal tract and will quickly enter your bloodstream.

Some PFAS may be broken down, but PFOS and PFOA will accumulate in your body with continued exposure.

**REDUCE EXPOSURE**

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

**LIFESTAGE ENVIRONMENTAL EXPOSURES AND DISEASE CENTER**

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Additional Resources

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

Per- and Polyfluoroalkyl Substances (PFAS) - US EPA
- https://www.epa.gov/pfas
- https://www.epa.gov/pfas/basic-information-pfas

Per- and Polyfluoroalkyl Substances (PFAS) and Your Health - ATSDR
- https://www.atsdr.cdc.gov/docs/PFAS_Public_KeyMessages_June20_Final-508.pdf

Per- and Polyfluoroalkyl Substances (PFAS) - University of Michigan, M-LEED Center
- http://mleead.umich.edu/EHML_Per_Polyfluoroalkyl_Substances_PFAS.php