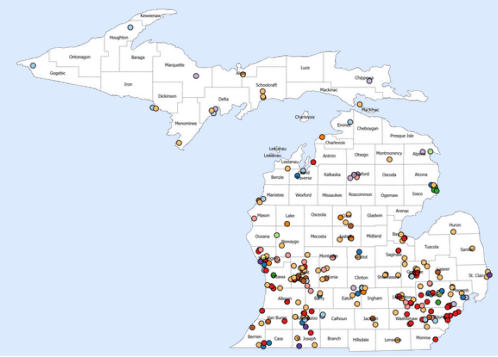


Per-and polyfluoroalkyl substances (PFAS)

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

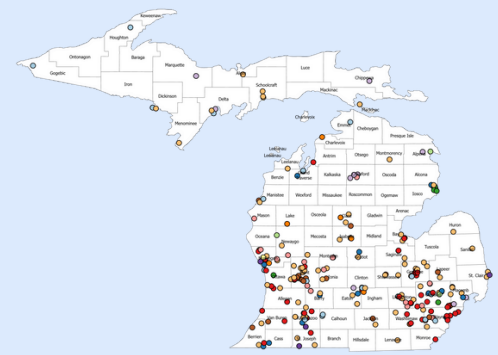


Some PFAS leave the body slowly and accumulate in many tissues. They leave the body through urine, menstrual blood, and breast milk.



Per-and polyfluoroalkyl substances (PFAS)

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Who is at the highest risk of exposure to PFAS?



How to reduce your exposure:

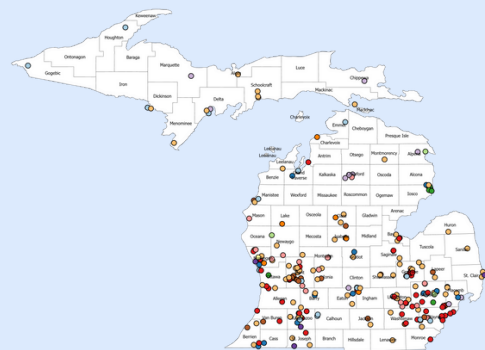
1. Avoid or minimize drinking or cooking with PFAS contaminated water.
2. Check fish advisories and avoid consuming fish from waters containing PFAS. Visit www.michigan.gov/eatsafefish for more information.
3. Read consumer product labels and minimize the use of products with non-stick, water repellent,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

(Agency for Toxic Substances and Disease Registry)



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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 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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