Take Steps to Reduce PFAS at Home

Certain **nonstick, fire retardant, waterproof,** and **oil/stain resistant products** may contain chemicals called PFAS (per and polyfluorinated substances).

Why are PFAS a Health Concern?

PFAS can stay in the environment and in your body for a long time. Research has shown that certain PFAS increase your risk of health effects on the liver, immune system, fetal and child development, and some cancers.

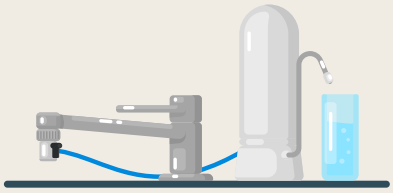
Cooking and Cleaning

- Use steel or cast-iron with oil instead of coated cookware, especially if coating is damaged.
- Choose foods that can be heated without packaging.
- Vacuum and wet wipe surfaces to reduce PFAS dust.
- Wash hands regularly.

If Your Water is From a Well

Talk to a water treatment professional about options treating your drinking water. Replace filters when recommended. A charcoal water filter pitcher is an inexpensive option. Public water is tested and treated for 100s of chemicals, including the most common PFAS.

Charcoal filter water pitcher



Water treatment systems

Shop for products that are PFAS-free, or with these labels:

BPI COMPOSTABLE

Food storage, straws, paper plates, and utensils

GREENSCREEN CERTIFIED

Clothing, bedding, food packaging, electronics, and building materials

UL ECOLOGO
PRODUCT CERTIFIED FOR REDUCED ENVIRONMENTAL IMPACT. VIEW SPECIFIC ATTRIBUTES EVALUATED: UL.COM/EL
UL 2700

Cleaners, office supplies, and fire extinguishers

OEKO TEX®

Clothing, towels, bedding, and upholstery

CERTIFIED cradle to cradle CM

Building materials, personal care, textiles, and packaging.

SAFER CHOICE
Meets U.S. EPA Safer Product Standards™

Cleaners, dish soap, and laundry detergents.

Avoid products with fluoro or fluorinated chemicals listed as ingredients.

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