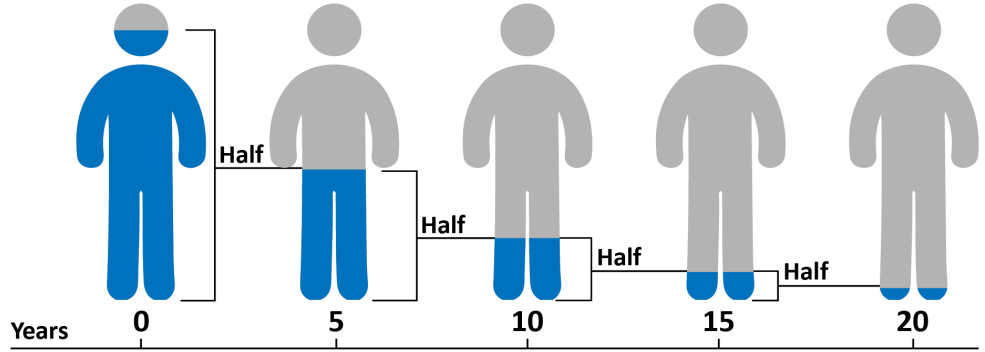


PFAS do not stay in the body forever.

Per- and polyfluoroalkyl substances, or PFAS, are sometimes called “forever chemicals” because they do not break down easily in the environment or the human body. But PFAS do not stay in the body forever. PFAS leave the body through normal functions like urination. If exposure to PFAS has stopped, this means that the amount of PFAS in the body will decrease. Scientists use the term ‘**half-life**’ to describe how quickly a chemical leaves the body.

Here’s how it works:

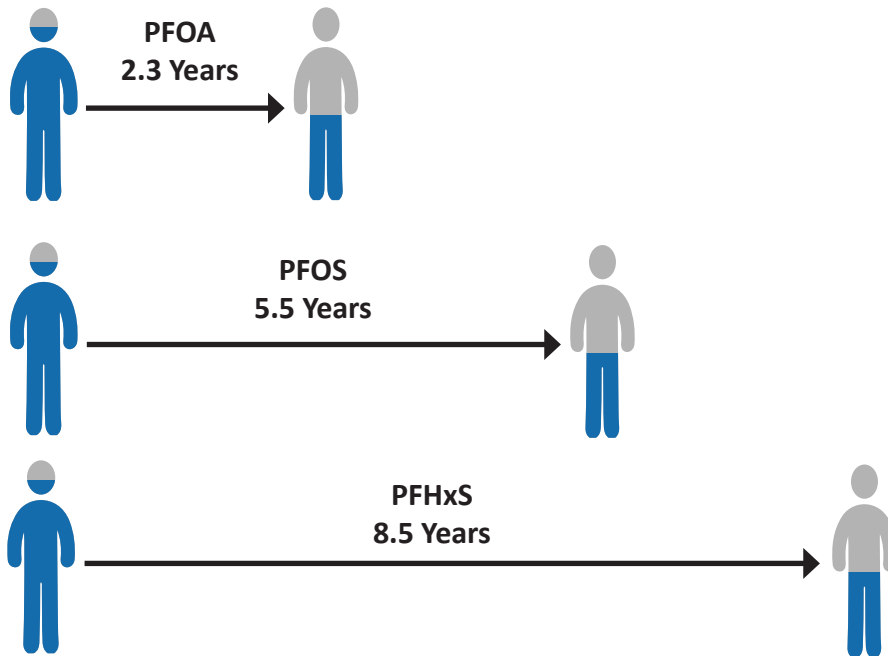
For a chemical with a half-life of five years, once the exposure to the chemical has stopped, half of the chemical in your body today will be gone in five years. It will take another five years for half of the remaining amount to leave your body, and so on.



This picture shows how the amount of a chemical with a five-year half-life changes over time. The blue shading on the right shows how much of the chemical remains in the body 20 years after exposure ended.

How long does it take for PFAS to leave the body?

Research shows that some PFAS take a longer time to leave our bodies than other PFAS. The picture below compares the estimated half-lives of three different PFAS. The half-life for any chemical is not an exact figure and can vary between people.



PFAS	Half-Life
PFBA	72-81 hours
PFBS	28 days
PFNA	2.5-4.3 years
PFDA	4.5-12 years

There are more than 5,000 PFAS. These four were chosen to show the wide range of estimated half-lives among PFAS. They are based on studies of PFAS in humans and found in ATSDR’s 2021 [Toxicological Profile for Perfluoroalkyls](https://www.atSDR.cdc.gov/toxprofiles/tp200.pdf) (URL: [atsdr.cdc.gov/toxprofiles/tp200.pdf](https://www.atSDR.cdc.gov/toxprofiles/tp200.pdf)).

To learn more, visit Michigan.gov/PFASResponse or call the Environmental Health Hotline at 800-648-6942.