

PFAS in Consumer Products

Per- and polyfluoroalkyl substances (PFAS) are a group of thousands of human-made and potentially harmful chemicals. Many different types of products contain one or more PFAS. It is difficult to know which products contain PFAS but there are usually hints in the product's description.

Products with the following functions most likely contain one or more PFAS:

- Waterproof.
- Repels water or water repellent.
- Water-beading.
- Nonstick.
- Stain-resistant.
- Grease-resistant.
- Oil-resistant.



What products might contain PFAS?

There are many consumer products that contain PFAS, including carpeting, waterproof clothing and outdoor gear like tents. However, some products are more likely to expose people to PFAS than others.

Some PFAS are more likely to get into your blood stream if you swallow them or breathe them in than if you touch them. Below are examples of consumer products that people might swallow, breath or touch. People may be exposed to PFAS from some of these sources in more than one of these ways; for example, cosmetics may be swallowed or applied to your skin.



Getting certain consumer products in or near your mouth, or eating off certain products, may result in **swallowing** some PFAS. Examples of products that might contain PFAS you put in or near your mouth, or that you eat off of, are:

- Nonstick cookware.
- Personal care items and cosmetics used near your mouth, like dental floss or lip balm.
- Fast-food containers, food wrappers, paper plates and pizza box liners.*



Breathing in the air around certain products, especially when they are first used, may expose you to some PFAS. Those products could also lead to PFAS in indoor dust. Breathing that dust could also result in exposure to PFAS. Examples of products that may release PFAS into the air or dust you breathe are:

- Paint, varnishes and sealants.
- Ski wax.
- Waterproofing products.



Touching, or applying to your skin, certain consumer products may expose you to some PFAS. Your skin is a good barrier to PFAS. However, PFAS could enter your body if high levels of PFAS stay on your skin for a long time or if you put these products in your mouth. Examples of products you may touch or apply to your skin that could have PFAS are:

- Carpet and other products treated with stain-resistant or waterproofing products, like laundry detergent.
- Personal care items like lotion and cosmetics.

* In 2024, USFDA announced a voluntary phase out of certain PFAS in food wrappers, boxes and bags.

Do I need to throw away my stuff?

You should replace products that become damaged or according to the manufacturer's guidance. Products like nonstick cookware should not be used if the coating becomes chipped or scratched.

If you wish to replace other consumer products, keep in mind it is difficult to know if a replacement product is free of all PFAS or other harmful chemicals. For many product types, there are not laws requiring companies to label PFAS in products.

If you have health questions about PFAS in consumer products, please call the Michigan Department of Health and Human Services (MDHHS) Environmental Hotline at 800-648-6942, Monday - Friday, 8 a.m. to 5 p.m.

How can I reduce my exposure to PFAS in consumer products?



- Read all manufacturer labels before using a product. Follow the instructions when using it.
- Throw away scratched or damaged nonstick cookware.
- Regularly dust and vacuum your home. Use a vacuum with a HEPA filter to further reduce PFAS exposure.
- Regularly wash your hands, especially before preparing food.
- Avoid putting your hands in your mouth before washing them.
- There are several online resources that may contain helpful information if you are seeking products that do not contain PFAS. Examples can be found on Michigan PFAS Action Response Team's (MPART) [Consumer Products webpage](https://eh.michigan.gov/PFASproducts) (URL: [Eh.michigan.gov/PFASproducts](https://eh.michigan.gov/PFASproducts)). However, MDHHS does not endorse products and cannot verify claims made by manufacturers claiming to distribute products that do not contain PFAS. The products listed on such sites are not guaranteed to be free of PFAS.

Why is it so hard to know if PFAS are in consumer products?

Many federal and state regulations do not require manufacturers to say that PFAS are in their products. Companies do not typically disclose this information voluntarily.

How can I learn more about PFAS?

- For information on PFAS and health effects, read our [PFAS Exposure and Your Health fact sheet](https://eh.michigan.gov/PFAS-Health) (URL: [Eh.michigan.gov/PFAS-Health](https://eh.michigan.gov/PFAS-Health)).
- For more information on PFAS, call the MDHHS Environmental Health hotline at 800-648-6942 or visit [MPART's webpage](https://michigan.gov/PFASResponse) (URL: [Michigan.gov/PFASResponse](https://michigan.gov/PFASResponse)).