

PFAS Sources and Tips to Reduce Exposure

How do PFAS get into your body?

Per- and polyfluoroalkyl substances (PFAS) are a large group of human-made chemicals found in many consumer products, including carpeting, waterproof clothing, food wrappers and personal care products. The most common way PFAS can enter your body is by swallowing them. This can happen when you drink water or eat food with PFAS in them, such as eating fish from PFAS-contaminated waterbodies.

People can also breathe in, or inhale, PFAS. People who work in industries that make or process PFAS are more at risk of breathing them in. The amount of PFAS that can enter the body through the skin is very low. Therefore, using water containing PFAS for bathing, showering, cleaning the house and washing dishes or clothes should not represent a health concern.



Sources of PFAS Exposure

PFAS are found all over, and small amounts of these chemicals enter most peoples' bodies each day. Here are some typical sources of PFAS exposure.



Drinking Water

When PFAS get into the environment, like at some sites of environmental contamination, groundwater can become contaminated. Private wells and some public water supplies use groundwater.



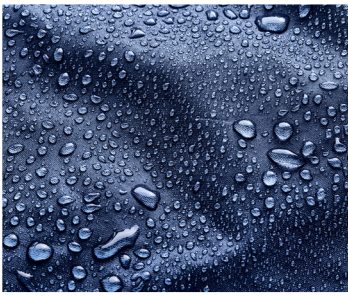
Foam on Waterbodies

Foam can be found on many of Michigan's lakes, rivers and streams. Foam can be white, off-white and/or brown in color, is usually lightweight, can be sticky and may have an earthy or fishy smell. Foam can contain harmful bacteria and chemicals, such as PFAS.



Animals We Eat

Some wildlife, such as fish and deer, have been found to have PFAS in their bodies. Animals can get PFAS in them if they drink PFAS-contaminated water or feed on something that has PFAS in it.



Consumer Products

Many different types of consumer products are known to contain PFAS. PFAS can be found in some types of:

- Nonstick cookware.
- Upholstery and furniture.
- Carpeting.
- Waterproof clothing and shoes.
- Fabrics.
- Food paper wrappings.
- Cleaning products.
- Waterproofing sprays.
- Cosmetics and personal care items including shampoo and lotion.

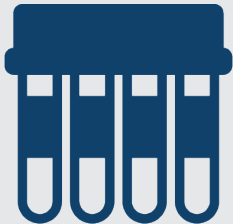


Dust

Dust can shed from products containing PFAS in your home, such as furniture and carpeting that has had treatment to resist stains or water. Dust containing PFAS can also enter the home if people come into contact with PFAS at work or somewhere else. This dust can be carried into the house on peoples' bodies, clothes or shoes.

Tips to Reduce PFAS Exposure

Reducing your exposure to PFAS is the best way to protect you and your loved ones' health from possible health effects. Learn more about about health effects by reading our [PFAS Exposure and Your Health Fact Sheet](https://www.epa.gov/pfas/pfas-exposure-and-your-health-fact-sheet) (URL: bit.ly/PFAS-Health). Here are some tips for reducing PFAS exposure.



Drinking Water

- If you have a private drinking water well, have your drinking water tested for PFAS. The [PFAS in Drinking Water for Private Well Owners Fact Sheet](https://www.epa.gov/pfas/pfas-in-drinking-water-for-private-well-owners-fact-sheet) (URL: bit.ly/DrinkingWaterPFAS) has additional information on PFAS in drinking water.
- If your drinking water comes from a public supply, you can learn more about your water supply to help you make any health-related decisions for you and your family. Visit the [web page on drinking water and wells](https://www.epa.gov/pfas/web-page-on-drinking-water-and-wells) (URL: bit.ly/DrinkingWater-Wells) for information and data on public water supply PFAS testing.
- If you are concerned about your water, you can use a water filter that is certified to reduce PFAS. Visit the [web page on home water filters](https://www.epa.gov/pfas/web-page-on-home-water-filters) (URL: bit.ly/HomeFilter) for more information on filters that are certified to reduce PFAS in drinking water.



Foam on Waterbodies

- Avoid foam on lakes, rivers and other waterbodies so you don't accidentally swallow it.
- Rinse off after any contact with foam and bathe after the day's outdoor activities.
- Learn more about foam on lakes, rivers and streams by visiting the [web page on PFAS foam on lakes and streams](https://www.epa.gov/pfas/web-page-on-pfas-foam-on-lakes-and-streams) (URL: bit.ly/FoamOnWater).



Animals We Eat

- Follow the [MDHHS Eat Safe Fish guidelines](https://www.michigan.gov/EatSafeFish) (URL: Michigan.gov/EatSafeFish).
- Follow the [MDHHS deer and wildlife consumption advisories](https://www.michigan.gov/EatSafeGame) (URL: Michigan.gov/EatSafeGame).



Consumer Products

- Avoid nonstick cookware that have PFAS.
- Choose products and items that do not contain “fluoro” or “perfluoro” in the ingredient list. Note: not all products with PFAS will list PFAS in the ingredients.
- Use a household products database to check if an item contains PFAS, such as [whatsinproducts.com](https://www.whatsinproducts.com).
- Reduce the amount of fast food, pizza, microwave popcorn, candy and other foods you eat that come in grease-resistant wrappings.



Dust

- Dusting inside your home and cleaning your flooring can reduce the amount of all types of dust, including dust containing PFAS, in your home.