



## PFAS

Perfluoroalkyl and polyfluoroalkyl substances

### Did you know?

*PFAS are a group of chemicals used in products such as non-stick pans, food containers, and stain repellents. They may be found in some water supplies due to pollution. PFAS are linked to negative health effects.*

### Action Plan

- If you are concerned about PFAS possibly being in your drinking water, contact your local water supplier or health department. You can find your local water system test results here: [epa.gov/ccr](http://epa.gov/ccr)
- If levels of PFAS in your drinking water are above health guidance levels, use an alternate water source (or a filter certified to remove PFAS) until the water system has taken steps to reduce PFAS. To learn more about PFAS limits in drinking water, see [asdwa.org/pfas](http://asdwa.org/pfas)
- If you have older nonstick ("Teflon") pots and pans used for cooking, consider replacing them with safer alternatives such as stainless steel or cast iron, especially if the nonstick cookware is scratched.
- Cut back on take-out food because PFAS is found in coated paper and cardboard food containers.
- Skip microwavable popcorn bags because they are coated with PFAS.
- When possible, avoid buying carpets, furnishings, and other products labelled as "water-repellent" or "stain-repellent."

[more](#) →

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Did You Know?

Although PFAS can be measured in blood, the tests may not be covered by insurance and the results do not help doctors make medical decisions or predict future health effects.

To learn more about the health effects of PFAS, visit [atsdr.cdc.gov/pfas](http://atsdr.cdc.gov/pfas)

## Resources

Visit [ewg.org/avoidpfas](http://ewg.org/avoidpfas) for the Environmental Working Group (EWG)'s guide on reducing exposure to PFAS chemicals in everyday life.

To find a water filter that can remove PFAS, visit [nsf.org](http://nsf.org) and search for "PFOA/PFAS in drinking water." Scroll down to "search for certified filters."

New York State	Visit <a href="http://dec.ny.gov">dec.ny.gov</a> and search "PFAS" To learn more about NY State's response to PFAS, visit <a href="http://health.ny.gov/environmental">health.ny.gov/environmental</a> and select "Drinking Water Response Activities to Address Local Water Supply Concerns"
New Jersey	Visit <a href="http://nj.gov/health">nj.gov/health</a> and search "PFAS in drinking water"
Puerto Rico	Visite <a href="http://espanol.epa.gov">espanol.epa.gov</a> y buscar "Información básica sobre PFAS"

For more information, visit [icahn.mssm.edu/research/pehsu/information](http://icahn.mssm.edu/research/pehsu/information)