



KEEPING YOUR HOME AND FAMILY *HEALTHY*

Reduce your exposure to **PFAS**
(per- and polyfluoroalkyl substances)

WHAT ARE THEY USED IN **AND WHY?**

PFAS are a group of chemicals that help create a water- and stain-proof barrier. They repel moisture, which is why many manufacturers use them in their consumer products,^{1,2} like:



Nonstick cookware



Takeout containers



Carpets & textiles



Firefighting foam



Waterproof apparel



Cleaning products



Stain- & water-resistance treatments

WHAT ARE **PFAS?**

PFAS are a group of toxic chemicals in our products, homes, bodies, and environment that never fully disappear.



PFAS never disappear from the environment, which is why they're called **"forever chemicals."**

43 states have PFAS-contaminated drinking water, affecting over **19 million** people.



Firefighting foam is the suspected source of all PFAS contamination in our state's **drinking water.**

Almost **100%** of Americans have some type of **PFAS** in their blood.



¹ <https://ecology.wa.gov/Safer-Products-WA>

² <https://apps.ecology.wa.gov/publications/summarypages/2004019.html>

HOW COULD I BE **EXPOSED?**

As products in your home degrade over time, PFAS can be released. For example, everyday wear and tear of your couch can release PFAS. After being released, PFAS accumulates in the dust and air in your home.



Other common pathways for exposure include:



Consuming contaminated food or water.

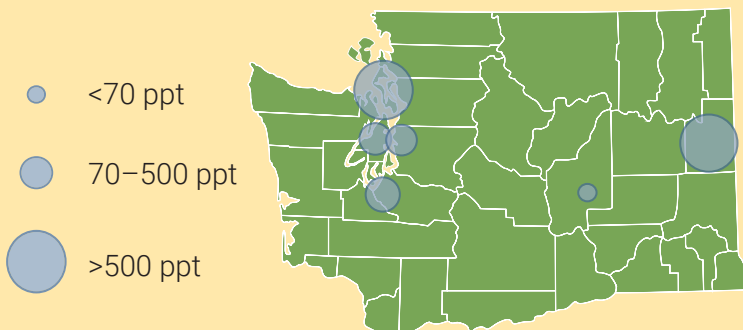
OR

Contact with PFAS-containing products.



Why are PFAS in our water?

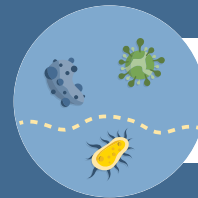
Our water systems get contaminated when PFAS-containing firefighting foam seeps into groundwater. The areas with the highest concentrations of PFAS in water (shown in the map below³) are all near military bases that used this foam for firefighting.



Over \$1M

Cost to install PFAS filtration on one contaminated water system.

HOW COULD THEY AFFECT **ME?**



Immune system toxicity

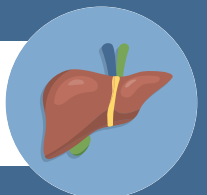
Reproductive impairment



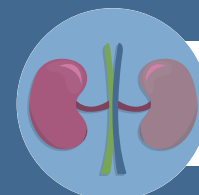
Developmental toxicity



Liver toxicity



Kidney toxicity



³ <https://apps.ecology.wa.gov/publications/SummaryPages/2004035.html>

WHAT CAN I DO TO **PREVENT EXPOSURE?**

Here are some steps you can take to reduce the threat of PFAS in your home:



Purchase PFAS-free products.

Prevent PFAS from entering your home by asking retailers what's in their products.

Avoid products marketed as stain- and water-resistant.

Ask yourself, "Does this product in my home really need to be stain resistant? Is it something I could just wash more often?"

Vacuum and dust your home frequently. PFAS can gather in dust and soft materials like carpet. Wipe surfaces frequently, and use a vacuum with a HEPA filter to reduce exposure. This is especially important to protect children and pets who spend more time on the floor.

Leave your shoes at the door. We can track toxic chemicals into our homes on our shoes.



Avoid nonstick cookware whenever possible.

Using nonstick cookware can release PFAS into your home. Try a cast iron pan instead. If you do use nonstick cookware, keep the heat below 400° F, and stop using the pan once it chips or scratches.

Ventilate your home. Opening windows helps circulate the air and prevents exposure to toxic chemicals in stagnant indoor air and dust.