






# PFAS and Your Health

Per- polyfluoroalkyl substances (PFAS) are man made chemicals used in industry and consumer products. They migrate through the air, soil, and water. PFAS are known as forever chemicals because they break down very slowly. Research to understand how PFAS may be harmful to humans is ongoing.

## The risk of experiencing an adverse health impact from PFAS exposure depends on:

1. The amount, frequency, pathway and duration of exposure
2. A person's health status, physical, mental and social well being, freedom from illness or injury
3. Access to quality medical care, clean water, and other social determinants of health

	EXPOSURE PATHWAY	TIPS FOR AVOIDING EXPOSURE
	Drinking water from PFAS contaminated sources	Test well water; Install filtration if contaminated; Drink filtered water
	Eating fish caught from water contaminated by PFAS	Avoid eating fish from waterways impacted by PFAS; Know the source and search for consumption advisory
	Accidently swallowing or breathing contaminated dust	Use a HEPA filter while vacuuming; Dust with a wet cloth/mop; Change filters on heating and cooling units regularly
	Food packaging often contain PFAS. Most nonstick cookware is made with PTFE, a type of PFAS.	Use cast iron, carbon steel or ceramic cookware; Transfer food out of packaging for storage; Avoid reheating in takeout containers; Avoid microwave popcorn
	Eating vegetables grown in PFAS contaminated soil or watered with PFAS contaminated water	Wash produce before eating; Use natural matter in your soil; Use raised garden beds with clean soil; Wear gloves and wash hands after gardening and before eating; Peel root crops and remove outer leaves of leafy vegetables.

## Known health impacts of PFAS exposure include:

- Increase in cholesterol levels
- Decreases in birth weight
- Lower antibody response to some vaccines
- Pregnancy induced hypertension and preeclampsia
- Kidney and testicular cancer
- Changes in liver enzymes



For more information, visit this webpage: <https://www.santafecountynm.gov/public-works/pfas>

Sources: Environmental Protection Agency: <https://www.epa.gov/pfas>;

CDC Agency on Toxic Substances and Disease Registry: <https://www.atsdr.cdc.gov/pfas/health-effects/index.html>

Consumer Reports: *How to Avoid PFAS:*

<https://www.consumerreports.org/toxic-chemicals-substances/how-to-avoid-pfas-a8582109888/>



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