**Perfluoroalkyl and Polyfluoroalkyl Substances (PFASs) Fact Sheet**

PFASs are used to make various products resistant to oil, stains, grease, and water. These chemicals are very long lasting and have spread through the environment.

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### PFASs are found in
- Some food, such as:
  - Some meat and seafood, because some PFASs in the environment can accumulate in animals, fish, and shellfish.
  - Some vegetables grown with water that contains PFASs.
  - Food in certain grease-repellent packaging, including some fast-food wrappers, microwave popcorn bags, take-out boxes, and cardboard containers for frozen foods.
- Some textiles, such as stain-resistant carpets, water-repellent outdoor fabrics, and leather.
- Certain stain- and water-repellent sprays; sealants for granite and other natural stone tiles or countertops; cleaning products; lubricants; polishes; and waxes.
- Some personal care products, such as some skin creams, eye makeup, and dental floss.
- Some nonstick cookware.
- Drinking water sources affected by releases of PFASs into the environment.

### Possible health concerns
Some PFASs:
- May harm the fetus and child, including effects on growth and development.
- May affect the immune system and liver function.
- May increase the risk of thyroid disease.
- May interfere with the body’s natural hormones.
- May increase cancer risk.

### Possible ways to reduce exposure
- Include plenty of variety in your and your child’s diet, and limit how often you eat foods in grease-repellent wrappers and containers.
- Avoid products labeled as stain- or water-resistant, such as carpets, furniture, and clothing.
- Check labels of household and personal care products, and avoid those with “fluoro” ingredients. Contact the manufacturer if you can’t find the ingredients on the label.
- If you choose to use protective sprays, sealants, polishes, waxes, or similar products, make sure you have enough ventilation and follow other safety precautions.
- Because PFASs can come out of products and collect in dust:
  - Wash your and your child’s hands often, especially before preparing or eating food.
  - Clean floors regularly, using a wet mop or HEPA vacuum if possible, and use a damp cloth to dust.