# Perfluorochemicals (PFCs) Fact Sheet

Perfluorochemicals are used to make various products resistant to oil, stains, grease, and water.

| PFCs are found in | Some foods, such as some red meat and packaged snacks like potato chips. It is not yet known which foods might regularly contain PFCs.  
| | Certain grease-repellent paper food containers, such as some microwave popcorn bags, take-out boxes, or fast-food wrappers.  
| | Stain-resistant carpets and some carpet cleaning solutions.  
| | Stain-, water-, and wrinkle-resistant fabrics and some stain- and water-repellent sprays.  
| | Most non-stick cookware. |

| Possible health concerns | Scientists are still studying how PFCs might affect people’s health. There is concern that some PFCs:  
| | May affect the developing fetus and child, including possible changes in growth, learning, and behavior.  
| | May decrease fertility and interfere with the body’s natural hormones.  
| | May affect the immune system.  
| | Might increase cancer risk. |

| Possible ways to reduce exposure | Scientists are not sure how best to reduce exposure to PFCs. However, you can:  
| | Limit how often you eat foods from grease-repellent paper containers.  
| | Avoid buying stain-resistant carpets.  
| | Avoid buying products labeled stain-resistant, water-resistant, or wrinkle-free, such as some fabrics, furniture, or clothes.  
| | Avoid using sprays and carpet cleaning solutions that contain PFCs.  
| | Because PFCs can come out of products and collect in dust, wash your hands often, especially before eating and preparing food, clean your floors regularly, and use a damp cloth to dust. |

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For more information:

National Biomonitoring Program fact sheet on PFCs:  [www.cdc.gov/biomonitoring/PFCs_FactSheet.html](http://www.cdc.gov/biomonitoring/PFCs_FactSheet.html)