



# PFAS Chemical Awareness

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Per- and polyfluorinated substances (PFAS) are a man-made family of chemicals, with PFOS (perfluorooctane sulfonic acid) and PFOA (perfluorooctanoic acid) being the most studied and understood.

## What products contain PFAS?

PFAS have been manufactured and used worldwide since the 1940s and are in many products such as:

- Fire-fighting foam
- Nonstick cookware
- Stain-resistant carpets
- Paints and stains
- Water-resistant fabrics
- Food packaging

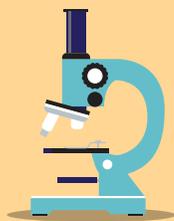


## Do PFAS cause cancer?

According to the U.S. EPA (Environmental Protection Agency), there is limited evidence that PFAS (PFOS and PFOA) cause cancer in humans.

The International Agency for Research on Cancer (IARC) has classified PFOA as possibly cancer causing.

Correlations between exposure to PFAS and human health effects have been inconsistent.



## Where can PFAS be found?

PFAS can be found in the environment (air, water, soil) as well as produce products such as vegetables and fruits. PFAS can last a long time in the environment and may be carried over a great distance.



## What are the sources of PFAS exposure?

People are most likely exposed by consuming PFAS-contaminated water or food. Exposure may also occur by using products that contain PFAS.



Inhalation and skin exposure are minor exposure pathways. Exposure through skin contact is slow and minor compared to other exposure routes.

## Should I get my blood tested for PFAS?

It is not clear how PFAS in blood impacts human health. Having PFAS in your blood does not necessarily mean that you will become ill from PFAS.

A blood test will not provide information for treatment or identify how or where the PFAS exposure occurred. Any decision on testing or treatment should be discussed with your healthcare provider.



## PFAS in People

CDC (Centers for Disease Control and Prevention) monitoring estimates that most people in the U.S. will have measurable amounts of PFAS in their blood.

Some PFAS stay in the body for a long time. There is no recommended medical treatment to reduce PFAS in the body.

## How can PFAS affect my health?

Effects on health from exposure to low environmental levels of PFAS, such as PFOS and PFOA, are not well known.

Studies in humans and animals are inconclusive.

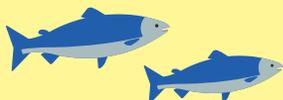
Findings are limited that exposure leads to increased risk of certain cancers such as prostate, kidney, or testicular cancer.

Non-cancer effects include increased cholesterol levels, impacts on human hormones and the immune system, and fetal and infant developmental effects.

## How can I reduce my exposure to PFAS?

You can take the following steps to reduce your risk of exposure:

- Check for fish advisories for water bodies where you fish.
- Follow fish advisories that tell people to stop or limit eating fish from waters contaminated with PFAS or other compounds.
- Read consumer product labels and avoid using products with PFAS.

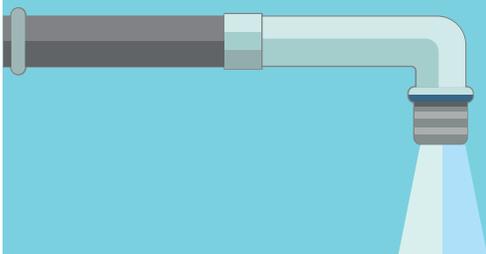


If your drinking water contains PFAS above the EPA Lifetime Health Advisory, consider using an alternative or treated water source for any activity in which you might swallow water:

- Drinking
- Preparing food
- Cooking
- Brushing teeth
- Preparing infant formula



## What are the safe levels of PFAS in Florida's drinking water that do not cause a risk?



The Health Advisory Levels (HALs) for PFOS and PFOA is a combined maximum of **0.07 micrograms per liter (0.07 µg/L)** for both.

## Contact

If you have questions, please contact the Hazardous Waste Site Health Assessment Team at:

**[phtoxicology@flhealth.gov](mailto:phtoxicology@flhealth.gov)**

Or call toll free at:

**877-798-2772**

## Learn More

Use the QR code to visit the Florida Department of Health's Chemical Contaminants webpage.

Additional information can be found online at:

**[ATSDR.CDC.gov/pfas](https://ATSDR.CDC.gov/pfas)**

**[EPA.gov/pfas](https://EPA.gov/pfas)**

