

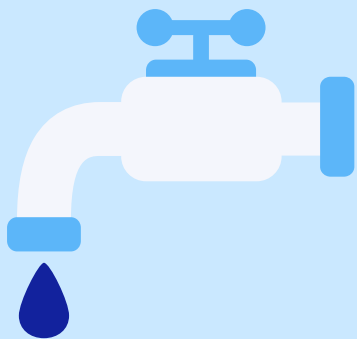
THE LONG-LASTING CHEMICALS:

PER- AND POLYFLUOROALKYL SUBSTANCES (PFAS)



What are PFAS?

Per- and Polyfluoroalkyl Substances (PFAS) are a class of over 9,000 man-made chemicals historically and widely used in industrial production of common household items such as non-stick pans, stain protection on fabrics, fast food wrappers, upholstery, carpets, and even dental floss. PFAS is also widely used in military applications and is a key component of petroleum-firefighting foams.



How can people be exposed to PFAS?

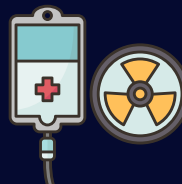
Ingestion is the primary route of exposure for PFAS. It is estimated that 72% of total PFAS total exposure is from food ingestion, 22% is from water consumption, and 6% is from dust ingestion. Due to its widespread use & persistence in the environment, PFAS has been found to leach into groundwater and drinking water.

What are the impacts?

PFAS are an environmental and health concern. Exposure has been associated with numerous health effects including but not limited to:



Cardiovascular disease



Cancer



Impaired thyroid or kidney function

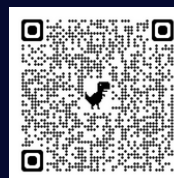
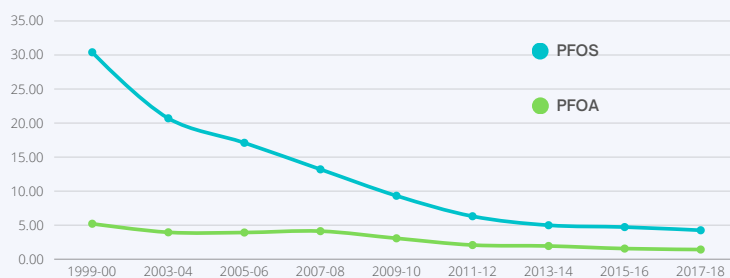


Adverse birth outcomes

How can I reduce my risk of exposure?

- Check & test your water quality.
- Try to avoid products treated with PFAS:
 - Water-resistant treatments like; Polartec & Gore-tex
 - Non-stick cookware (ex:Teflon)
 - Skipping optional stain-repellent treatments on carpets and furniture
 - Avoiding personal care products with ingredients like PTFE or “fluoro”
 - Eat less fast food and microwave popcorn as the wrappers and bags are often coated in PFAS
- Look out for local consumption and water advisories.

Average PFAS Concentration in Blood



Read the 2022
Annual Water
Quality Reports