



# 8 WAYS TO REDUCE PFAS EXPOSURE AT HOME

1

## USE PFAS-FREE COOKWARE

Opt for cookware that does not contain PFAS coatings such as stainless steel, cast iron, or ceramic. PFOA-free does not mean PFAS-free; aim for fully PFAS-free cookware!



2

## FILTER DRINKING WATER

Install a high-quality water filter that is specifically designed to remove PFAS contaminants. Look for filters certified by NSF International.



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## AVOID STAIN-RESISTANT PRODUCTS

Limit the use of products treated with stain-resistant coatings, such as carpets, upholstery, and clothing. These products often contain PFAS. Aim for alternatives that are labeled as PFAS-free.



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## OPT FOR NATURAL CLEANING PRODUCTS

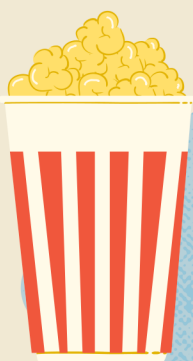
Many conventional cleaning products contain PFAS. Switch to natural cleaning alternatives like vinegar, baking soda, and plant-based cleaners to reduce exposure to PFAS in your home. Vacuuming and wet dusting often, also helps!



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## AVOID MICROWAVE POPCORN

Microwave popcorn bags are often lined with PFAS. Opt for popping your own popcorn using organic kernels on the stovetop or using an air popper.



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## CHECK PERSONAL CARE PRODUCTS

Some cosmetics and personal care products, such as waterproof makeup, may contain PFAS. Read product labels and try to avoid ingredients like perfluoro, polyfluoro, or PTFE.



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## AVOID WATERPROOF CLOTHING

Clothing items treated with waterproof or stain-resistant coatings often contain PFAS. Check labels and try to avoid purchasing such items. Opt for natural fibers like cotton, wool, or linen instead.



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## MINIMIZE TAKEOUT PACKAGING

Food packaging, particularly takeout containers and fast food wrappers, may contain PFAS to provide grease resistance. If you do get takeout, transfer the food to your own plates or containers as soon as possible.

