

# WHAT IS PFAS?

They are chemical substances used in many products, they do not degrade and accumulate in water, soil and contaminate food upon contact. They are harmful to human health. Also known as "forever chemicals", PFOS, PFOA, Perfluoro or Fluoro substances. '

## HOW ARE WE EXPOSED TO PFAS CHEMICALS?



Groundwater from contaminated private well or contaminated municipal water



"Non-stick" or "teflon" pans



Makeup



Oil resistant fast food packaging



Fish from polluted waters



Waterproof clothing

## HEALTH RISKS



Cancer such as Kidney, Testicular and Breast



High cholesterol  
Thyroid Disease  
Liver Damage



Infertility  
High blood pressure in pregnancy  
Reduces fetal growth



Reduces vaccine response



Delayed child development

## HOW TO AVOID PFAS CHEMICALS

- Make sure that the water or food you consume is not contaminated and that you do not come into contact with products that contain PFAS.
- The city of Madison is responsible for maintaining PFAS limits and making the water safe to drink.
- If you receive water from a private well, we recommend testing it.
- You can use granular activated carbon water filter or reverse osmosis systems.
- Do not consume fish from waters contaminated with PFAS (for example Starkweather Creek in Madison). Follow the DNR recommendations on consumption of river or lake fish.
- Replace non-stick pots (non-stick, Teflon) with cast iron, stainless steel or enameled pots
- Avoid products that contain "perfluoro" or "fluoro."

More information  
[www.wisconsincolatinos.org](http://www.wisconsincolatinos.org)