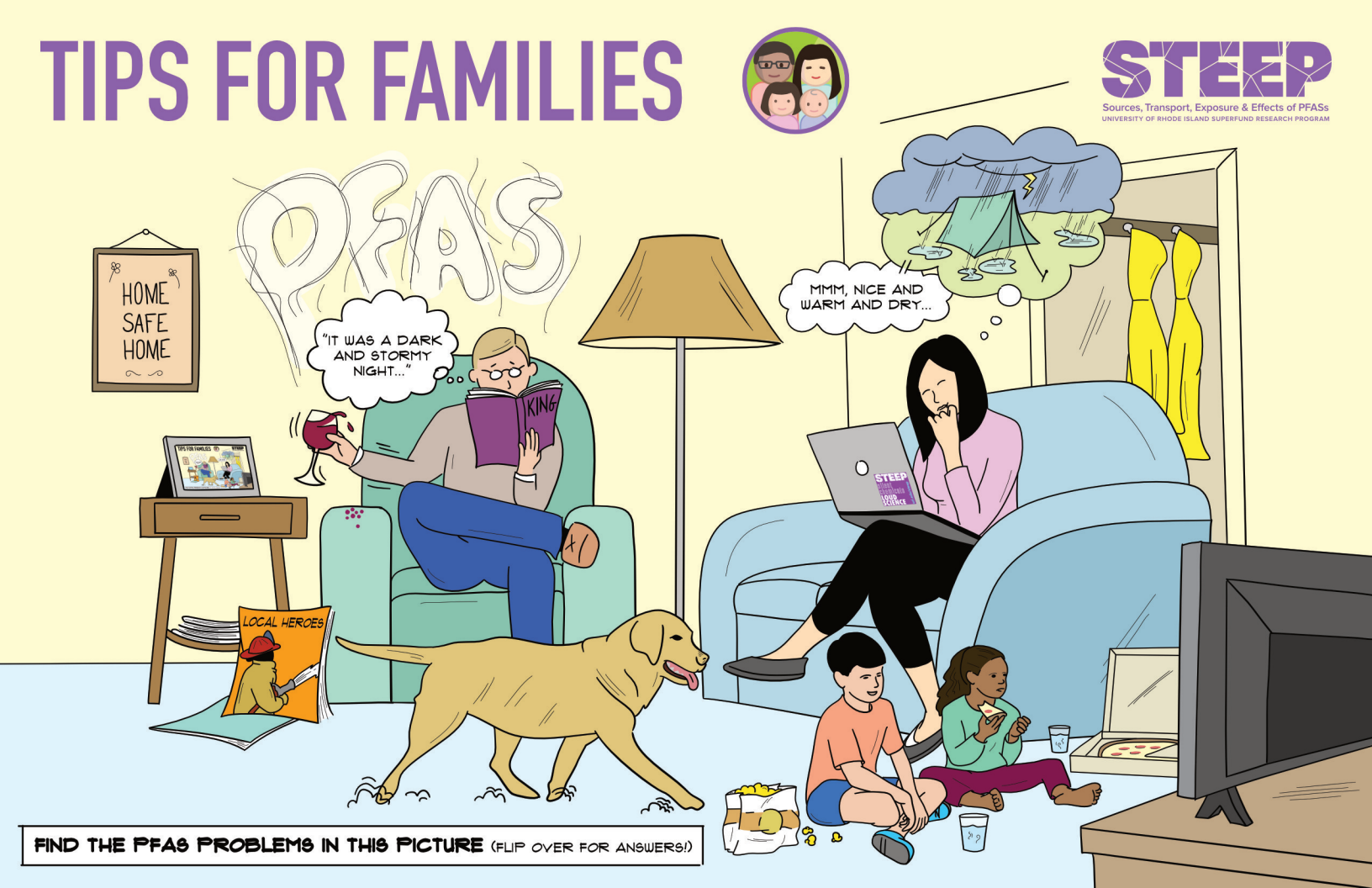
TIPS FOR FAMILIES

STEEP
Sources, Transport, Exposure & Effects of PFASs
UNIVERSITY OF RHODE ISLAND SUPERFUND RESEARCH PROGRAM



FIND THE PFAS PROBLEMS IN THIS PICTURE (FLIP OVER FOR ANSWERS!)

PFAS

WHAT ARE PFASs?

98% of Americans have PFASs – manmade chemicals – in their blood. The most common exposure is through consumer products (think nonstick, stain resistant, waterproof, and greaseproof items). Some people have heightened exposure through drinking water, particularly if water sources are near PFAS-producing industrial plants, military bases, firefighting training areas, or municipal airports that use PFAS-containing foam as a fire suppressant. No matter where your exposure comes from, there are steps your family can take to reduce overall PFAS exposure.

STAIN-RESISTANT FABRIC: SKIP PFAS TREATMENT; REMOVE STAINS BY HAND

PFAS-CONTAMINATED TAP WATER: INSTALL ACTIVATED CARBON (CHARCOAL) OR REVERSE OSMOSIS FILTER

WATERPROOF CLOTHING: AVOID OUTERWEAR TREATED WITH PFASs

ASK. LEARN. ACT.

DUST FROM PFAS-TREATED PRODUCTS: VACUUM REGULARLY

MICROWAVE POPCORN BAGS: MAKE POPCORN ON STOVETOP

FIREFIGHTING FOAM: TALK TO LOCAL GOVERNMENT ABOUT ELIMINATING PFASs

TAKEOUT CONTAINERS: USE STORE BOUGHT DOUGH, SAUCE, AND CHEESE; MAKE PIZZA AT HOME

OUTDOOR GEAR: AVOID PRODUCTS TREATED WITH PFASs

LEARN MORE ABOUT PRODUCTS AND ADVERSE PFAS HEALTH IMPACTS.
VISIT WWW.URI.EDU/STEEP

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