PFAS
(PER- & POLY-FLUOROALKYL SUBSTANCES)

Putting Environmental Health Data into Action
Read and click on the links below to learn about ways to engage in PFAS action.

TOP 3 RECOMMENDATIONS:

Individual: Learn what PFAS are and what they are used to make
Community: Share information about PFAS with your friends and family
Structural: Advocate for additional state funding for PFAS research

INDIVIDUAL: Learn, act, and protect yourself

- To learn:
  - What PFAS are and what they are used to make
  - Ways PFAS enter your body and impact health
  - If you own a private well, learn about testing and treating PFAS in your well
- To do:
  - If you rely on public drinking water, find out if PFAS are in your drinking water by reaching out to your local water utility
  - If you own a private well, test your well for PFAS
  - Review and use this list of PFAS-free products
  - If you are concerned about PFAS exposure, consult your doctor and guidance from the National Academies of Sciences, Engineering, and Medicine

COMMUNITY: Support your social networks

- Ensure employers of occupations such as chemical manufacturing workers, firefighters, and ski wax technicians are aware of worksite PFAS exposure
- Share information you learn about PFAS with your friends and family
- If someone you know is concerned about breastfeeding, assure them that the benefits of breastfeeding outweigh any potential risks of PFAS exposure through breast milk

STRUCTURAL: Advocate for organizational & policy level change

- Require safety data sheets to report whether firefighting foams contain PFAS
- Encourage Pennsylvania to apply for the Emerging Contaminants in Small or Disadvantaged Communities Grant, which serves to address PFAS and other emerging contaminants in drinking water, specifically in small or disadvantaged communities
- Advocate for additional state funding for PFAS research and mitigation