



Prescriptions for Prevention

PFAS

Perfluoroalkyl and polyfluoroalkyl substances

Did you know?

PFAS are a group of chemicals used in products such as non-stick pans, food containers, and stain repellents. They may be found in some water supplies due to pollution. PFAS are linked to negative health effects.

Action Plan

- If you are concerned about PFAS possibly being in your drinking water, contact your local water supplier or health department. You can find your local water system test results by searching for your zipcode here: ewg.org/tapwater.
- If levels of PFAS in your drinking water are above health guidance levels, use an alternate water source (or a filter certified to remove PFAS) until the water system has taken steps to reduce PFAS. To learn more about PFAS limits in drinking water, see asdwa.org/pfas.
- If you have nonstick ("Teflon") pots and pans used for cooking, consider replacing them with safer alternatives such as stainless steel or cast iron, especially if the nonstick cookware is scratched.
- Cut back on take-out food because PFAS is found in coated paper and cardboard food containers.
- Skip microwavable popcorn bags because they are coated with PFAS.
- When possible, avoid buying carpets, furnishings, and other products labelled as "water-repellent" or "stain-repellent".
- Although PFAS can be measured in blood, the tests may not be covered by insurance and the results do not help doctors make medical decisions or predict future health effects. If you are living in an area that was heavily contaminated leading to high levels of PFAS in the drinking water, the National Academy of Medicine recommends blood testing for PFAS so that at some point in the future when we better understand what the levels mean for your health you will know what your levels were. (see link on reverse side)



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Resources

PFAS Management - Philadelphia Water Department

To learn more about PFAS and how it's managed in Philadelphia, click [this link](#) or scan the QR code:



PFAS Management in Philly by Local Researchers

Ongoing research is actively working to ensure that tap water is safe by tracking contamination through continuous water sampling. Click [this link](#) or scan the QR code:



Reduce PFAS in Drinking Water - National Sanitation Foundation

The National Sanitation Foundation has recommendations on how to mitigate PFAS effects. For more information on how to reduce PFAS in drinking water, [click here](#) or scan the QR code:



National Academy of Medicine Guidance on PFAS Testing and Health Outcomes

The National Academy of Medicine created these guidelines for your doctor. If you have lived in a community with high PFAS in water give these to your doctor. [Click here](#) or scan the QR code:



For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:

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