



PFAS: The Hidden Threat in Everyday Life



WHAT ARE PFAS?

PFAS (Per- and Polyfluoroalkyl Substances) are a group of synthetic “forever chemicals” used to make products waterproof, stain-resistant, greaseproof, and nonstick.

They’re called “forever chemicals” because they don’t break down—in your body or the environment.



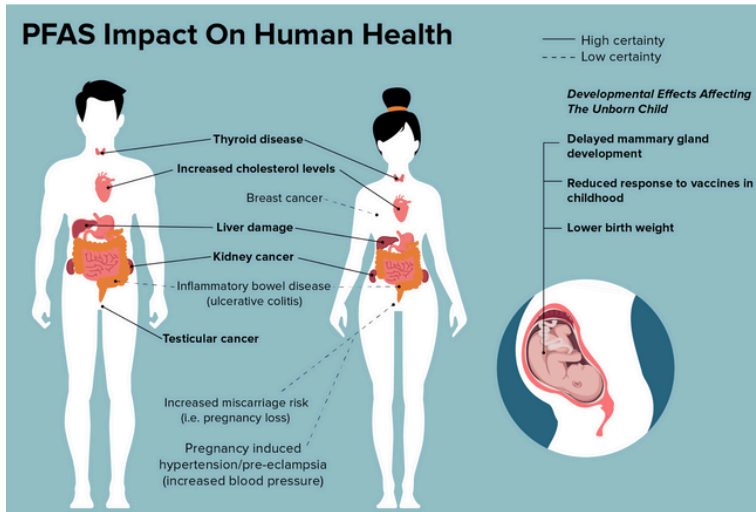
WHERE PFAS ARE HIDING

PFAS are found in products we use every day, including:

- Fast food wrappers and microwave popcorn bags
- Water-resistant clothing and outdoor gear
- Nonstick cookware (like Teflon pans)
- Cosmetics like foundation, mascara & lipsticks
- Stain-proof carpets and furniture coatings
- Tap water in many communities
- Some period products and synthetic fabrics

Even rainwater in some areas now contains PFAS—it’s that widespread.

PFAS Impact On Human Health



WHY PFAS ARE DANGEROUS

PFAS build up in the body over time and are linked to serious health risks:

- Hormone disruption & thyroid problems
- Reduced immune response (especially in children)
- Increased risk of some cancers (especially kidney & testicular)
- Liver damage and high cholesterol
- Reproductive harm & developmental delays

WHAT YOU CAN DO

- Use cast iron, stainless steel, or ceramic cookware
- Choose fragrance-free, PFAS-free cosmetics & personal care items
- Avoid fast food packaging and microwave popcorn
- Use a certified water filter that removes PFAS
- Skip water- and stain-resistant clothing unless clearly labeled safe
- Look for tools like EWG's Tap Water Database or Think Dirty app
- Choose organic cotton period products and toxin-free fabrics

PFAS & THE PLANET

- PFAS contaminate soil, water, and air
- They're almost impossible to remove from ecosystems
- Wildlife exposed to PFAS suffer hormonal and reproductive harm
- They are found in polar bears, fish, birds, and even rain

Once released, PFAS travel far and last forever.

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

TO LEARN MORE:



www.beachesgogreen.org

GIVE US A FOLLOW:



**IF IT'S WATERPROOF, STAINPROOF,
OR NONSTICK—ASK WHAT MADE IT
THAT WAY.
KNOW WHAT'S IN YOUR STUFF.
PROTECT YOUR HEALTH. PROTECT
THE PLANET.**