



# 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.



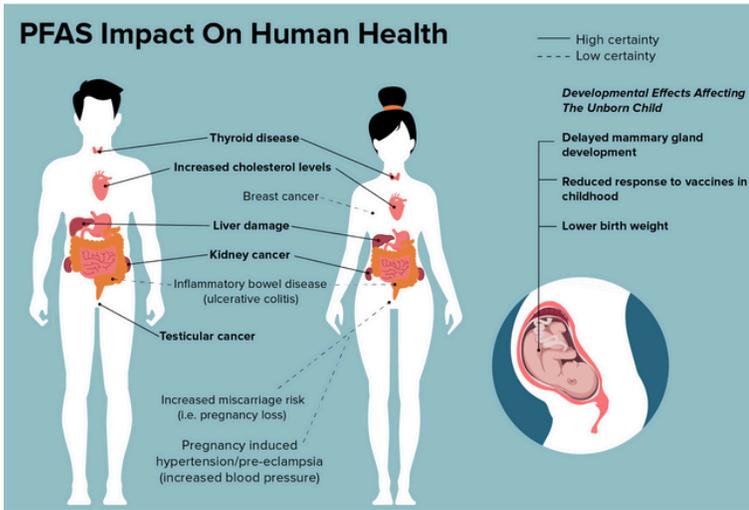
## WHERE PFAS ARE HIDING

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.beachsgogreen.org](http://www.beachsgogreen.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.**