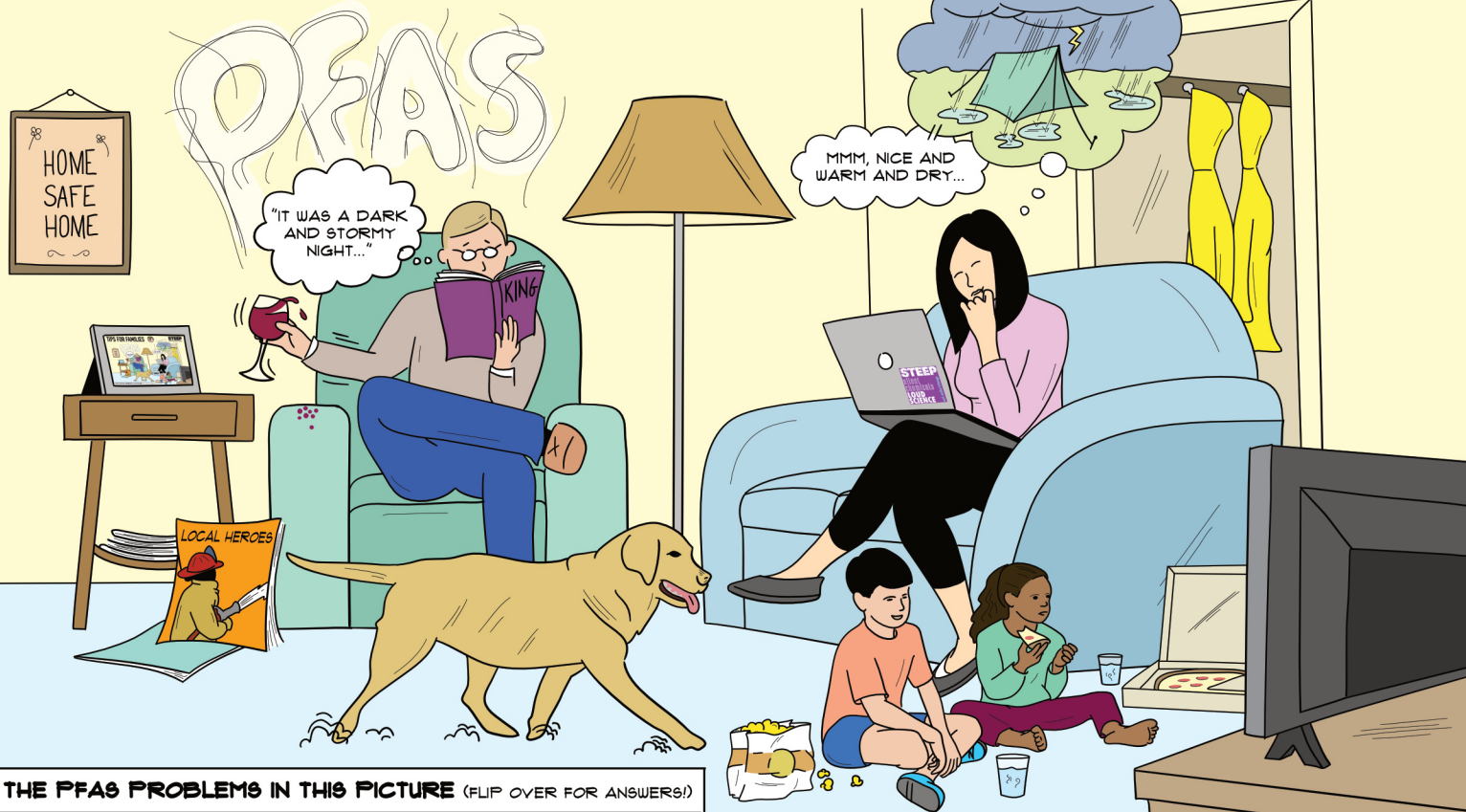


# TIPS FOR FAMILIES



## STEEP

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



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

# PFAS

## WHAT ARE PFAS?

98% of Americans have PFAS – manufactured 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 PFAS



# 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 PFAS



**TAKEOUT CONTAINERS:**  
USE STORE-BUGHT DOUGH, SAUCE, AND CHEESE; MAKE PIZZA AT HOME



**OUTDOOR GEAR:**  
AVOID PRODUCTS TREATED WITH PFAS



LEARN MORE ABOUT PRODUCTS AND ADVERSE PFAS HEALTH IMPACTS.  
VISIT [WWW.URI.EDU/STEEP](http://WWW.URI.EDU/STEEP)