Per- and Polyfluoroalkyl Substances (PFAS) are a group of more than 5,000 human-made chemicals that are manufactured for their oil and water-resistant properties.

**Health Effects**
- High cholesterol
- Thyroid disease
- Certain cancers
- Reduced vaccine response
- Pregnancy induced hypertension
- Low birth weight
- Developmental delays

**Simple Ways to Reduce Exposure**
- Limit use of oil, water, and stain resistant products
- Use stainless steel or cast-iron cookware
- Use water filters designed to remove PFAS

*Lists may include and are not limited to*