

What are PFAS?

Per- and polyfluoroalkyl substances (PFAS) are a group of synthetic chemicals used in many consumer products and industrial processes. PFAS are sometimes referred to as “forever chemicals” because they last a long time in the environment and in our bodies. Some PFAS will stay in your body years after exposure.

There is currently no medical way to remove PFAS once they are in your body. However, you can take steps to lower your exposure and prevent the chemicals from entering your body. That will help decrease the PFAS levels in your body over time.

How can someone reduce PFAS exposure?

Check your drinking water

- If your drinking water comes from a public supply, ask your local water provider if they’ve tested for PFAS and if the PFAS levels are below the Environmental Protection Agency’s (EPA) health standards. Your water provider might also share tips for reducing exposure.
- If you have a private drinking water well, test your drinking water for PFAS. Visit <https://service.web.env.nm.gov/urls/gxQmotPU> for more information on testing your drinking water for PFAS and what to do if PFAS are found.
- To reduce PFAS in your drinking water, think about using a home filter that is certified to lower PFAS. Visit <https://www.epa.gov/system/files/documents/2024-04/water-filter-fact-sheet.pdf> to learn about options.

Limit use of consumer products containing PFAS.

- Reduce the use of non-stick cookware because many products contain PFAS. Stainless steel, cast iron, or porcelain cookware products are good PFAS-free alternatives.
- Avoid products with ingredients that include “fluoro” or “perfluoro”. Be aware some lists will not identify PFAS ingredients – or will not list them in a way that is easy to understand.
- Before buying household products, check online resources to see which products contain PFAS. One reliable resource is the Consumer Products Information Database: <http://www.whatsinproducts.com>.

- Choose clothing, carpets, upholstery, and other textiles that are not labeled as stain-resistant or water-resistant and avoid applying these treatments to items, unless they're marked as "PFAS-free."
- Eat less food that comes in oil-, grease- or water-resistant packaging like pizza boxes, microwave popcorn bags, candy wrappers, and fast-food containers. Some of these single-use containers and food packaging contain PFAS. Look for packaging labeled as "PFAS-free."

Additional steps to reduce PFAS exposure.

- Regularly clean floors and surfaces in your home to remove dust that might contain PFAS.
- If you fish, check state advisories (<https://www.env.nm.gov/surface-water-quality/fish-consumption-advisories>) before catching and eating the fish.
- If you grow fruits or vegetables at home, use soil, fertilizer, and water that is PFAS-free. For both homegrown and store-bought food, wash items in clean water and peel root vegetables before eating.