

# PFAS 101

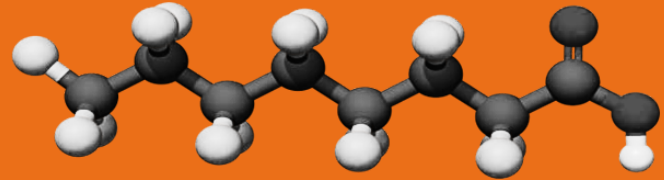
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## WHAT ARE PFAS?

PFAS, commonly known as 'forever chemicals', are a group of highly fluorinated chemicals that don't break down easily and can remain in the environment and our bodies for a very long time.



## Important Facts

1.

A growing body of scientific research has found links between exposure to PFAS and a wide range of health problems including a weaker immune system, certain types of cancer, increased cholesterol levels, pregnancy-induced hypertension, liver damage, reduced fertility, and increased risk of thyroid disease.

2.

PFAS have been used commercially since the 1950s to make products grease-proof, stain-proof, and water-resistant. The industry accumulated evidence that they were toxic, persistent, entering the environment, and in people's blood well before 1990, but hid it from regulators and the public.

3.

PFAS may enter the environment and our drinking water supplies in a variety of ways including, leachate from landfills, application of AFFF firefighting foam, discharges from companies that utilize the chemicals in manufacturing, and sludge spreading from industrial or wastewater treatment facilities.

4.

Historically, State-sponsored programs urged farmers to spread contaminated sludge farmland throughout Maine. This led to PFAS pollution across the state, contaminating Maine farmland and drinking water, and endangering the health and livelihood of Mainers.

To learn more or join us in the fight against PFAS you can find us at [www.defendourhealth.org](http://www.defendourhealth.org) or @defendourhealth on Instagram, Twitter, Facebook, and LinkedIn. Or contact our organizer Sergio Cahueque at [scahueque@defendourhealth.org](mailto:scahueque@defendourhealth.org).