

PFAS and you

Tips to reduce exposure to “forever chemicals”



What are PFAS?

Per- and polyfluoroalkyl substances (PFAS) are a group of thousands of human-made chemicals that do not break down over time. Their extreme longevity in the environment and resistance to destruction led to the nickname “forever chemicals.” PFAS pollution threatens human health, the environment, and our economy.

Small amounts may be harmful.



Some build up in people over time.



All are difficult to remove and destroy.



PFAS are a concern because many types of PFAS are linked to increased risks for cancer, liver disease, immune system dysfunction, and other negative health impacts.

PFAS have been found in the blood serum of nearly every American. Recent studies show because PFAS can transfer from a mother to her baby, nearly all babies are born with these chemicals in their body. This widespread exposure to PFAS in our communities is the result of decades of releases into the environment and the manufacture, use, and disposal of PFAS in products.

What you can do

Buy products made without PFAS when available

Thanks to manufacturers and a PFAS pollution prevention law called Amara’s Law, finding new products made without PFAS in Minnesota is becoming easier. Since 2025, many categories of new products sold in Minnesota are made without PFAS. Other products may continue to use PFAS until 2032, when all nonessential use of PFAS in new products will end in Minnesota. If you’re concerned about PFAS in shopping decisions, consider asking the manufacturer if their product is made with any type of PFAS. PFCs, PFOA, and PFOS are types of PFAS, so a product that doesn’t contain these chemicals could still contain other PFAS.



In late 2026, anyone will be able to check manufacturer reports on PFAS use in products sold in Minnesota on a MPCA webpage. There is no need under Minnesota law to replace your existing products early.

Take certain liquids and ski waxes to household hazardous waste

Properly disposing of liquids and waxes that could contain PFAS helps protect human health and the environment. Cleaning products, fluorinated ski wax, paints, and sealants are accepted at most county household hazardous waste programs. Do not dispose of any liquid household products in the sewer, household toilets, or household drains.

Contact your county's household hazardous waste collection program or solid waste department for hours and materials accepted.



Learn about your drinking water source

Community water supplies, also known as municipal water, are tested for PFAS on an ongoing basis. When needed, the Minnesota Department of Health (MDH), Minnesota Pollution Control Agency (MPCA), and local authorities collaborate on drinking water treatment.

MDH or MPCA contact private well owners if known contamination may be impacting their water. Some well owners choose to have their water tested without a recommendation from these agencies.

Resources for well owners are available at:

Per- and Polyfluoroalkyl Substances (PFAS) and Private Wells

<https://www.health.state.mn.us/communities/environment/water/wells/waterquality/pfas.html>



Learn more

Visit the MDH and MPCA websites to learn more about PFAS, such as where they are found, how they move through the environment, their health and environmental impacts, how to reduce exposure, and why Minnesota is taking action to prevent PFAS pollution.



MPCA: PFAS in Minnesota

www.pca.state.mn.us/pfas-in-minnesota



MDH: Per- and Polyfluoroalkyl Substances (PFAS)

<https://www.health.state.mn.us/pfas>

Contact

Minnesota Department of Health
Email: health.hazard@state.mn.us

Minnesota Pollution Control Agency
Email: pfasinfo.pca@state.mn.us