

# X Avoid Swallowing PFAS



Drinking Water



Baby Formula



Coffee and Tea



Rice



Pasta



Soup

The main ways that PFAS get from tap water into your body:

- drinking the water
- drinking beverages made with the water like infant formula, coffee, or tea
- eating food prepared with the water

The best way to prevent PFAS from getting in your body is to avoid swallowing them

## Skin Contact is a Minimal Concern



Bathing



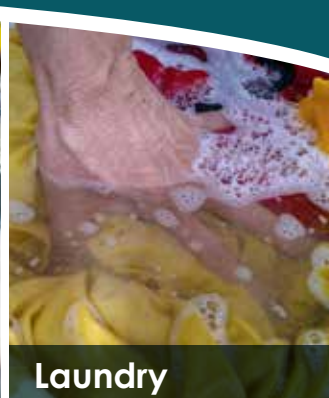
Showering



Hand Washing



Washing Dishes



Laundry

Touching the water is OK. PFAS in water don't get through your skin very well. Touching the water while showering, bathing, doing dishes or laundry is not an exposure of concern.