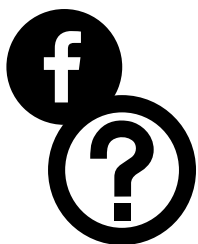




**CHOOSE**  
Stainless steel and  
cast iron cookware.

**AVOID**  
Packaging with  
grease-repellent  
coatings.

**LOOK OUT FOR**  
"PFC Free" labels on  
overcoats.



/centralbalticwaterchain

waterchain.eu



EUROPEAN UNION  
European Regional Development Fund



**Interreg**  
Central Baltic



**Water  
Chain**



PYHÄJÄRVI INSTITUTE



**TURKU AMK**  
TURKU UNIVERSITY OF  
APPLIED SCIENCES



**PFCs**  
**IN THE**  
**ENVIRONMENT**

# 01

Perfluorinated compounds (PFC) are chemicals used in the production of stain-, oil-, and water-resistant products.

# 02

Can be found in non-stick cookware, fabric, food packaging, and fire-fighting foams.

# 03

PFCs are released into the environment when products are made, used or discarded.

# 04

PFC molecules are very stable, thus PFCs are regarded as persistent organic pollutants.

# 05

Humans are mainly exposed to small amounts of PFCs from food, drinking water, and migration from consumer products.

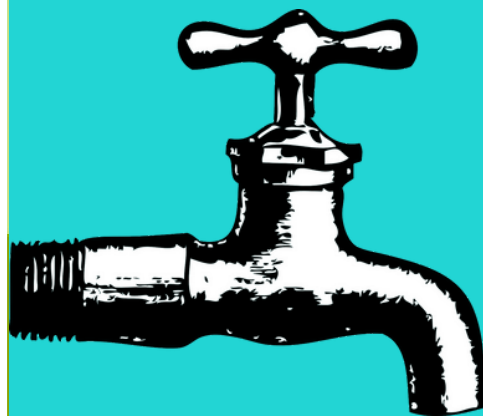
## PERFLUOROOCTANE SULFONATE (PFOS)

Found in different consumer products such as textiles, leather goods, and ski waxes.

Studies on animals have shown to cause cancer, endocrine disruptions, reduced birth size, and delays in physical development.

Higher PFOS levels in humans have been linked to altered thyroid hormone levels, preeclampsia in pregnant women, and reduced birth weight.

Since 2006 PFOS has been banned in the European Union in finished and semi-finished products, but still can be used for industrial applications (photolithography, aviation).



## PERFLUORO-OCTANOIC ACID (PFOA)

Used as processing aids in the production of fluoro-elastomers and fluoropolymers.

Usually burned off during the process and is not present in significant amounts in final products.

Has been associated with thyroid disease, high cholesterol, liver damage, and kidney cancer.

PFOA has been slowly phased out by chemical industries in the Western world. In 2020 PFOA will be banned in the European Union.

**WHEN SHOPPING,  
IT IS WORTH  
LOOKING FOR THE  
"PFC FREE" LABEL.**

