

# Reducing Your PFAS Exposure

Brendan Bullock

## Limit chemical exposure from turnout gear:

- ▶ Wear turnout gear only for actual incidents, limiting use outside of emergencies;
- ▶ Hose off gear after incidents and remove it at the fire ground, transporting it in sealed bags or separate compartments, not on vehicle seats;
- ▶ Avoid wearing or bringing turnout gear into living areas, community settings or schools;
- ▶ After every live fire incident, wash gear at the fire station—not in home washers or laundromats; and
- ▶ “Shower within the hour” after wearing gear, preferably at the fire station.



Hanji Chang

### Monitor your health with an annual physical

Talk with your health care provider about your firefighting exposure—including any AFFF use. Discuss the possibility of a blood test for PFAS. Scan the QR code below for more information about health monitoring and PFAS blood-testing options.

Do a water screening test for PFAS if your station or home is on a well  
Purchase a filter if needed. See the QR code below for more information on water testing, filtration and other measures to reduce exposure to PFAS and other hazardous chemicals.



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Learn more about PFAS  
in firefighting  
and how best to respond



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