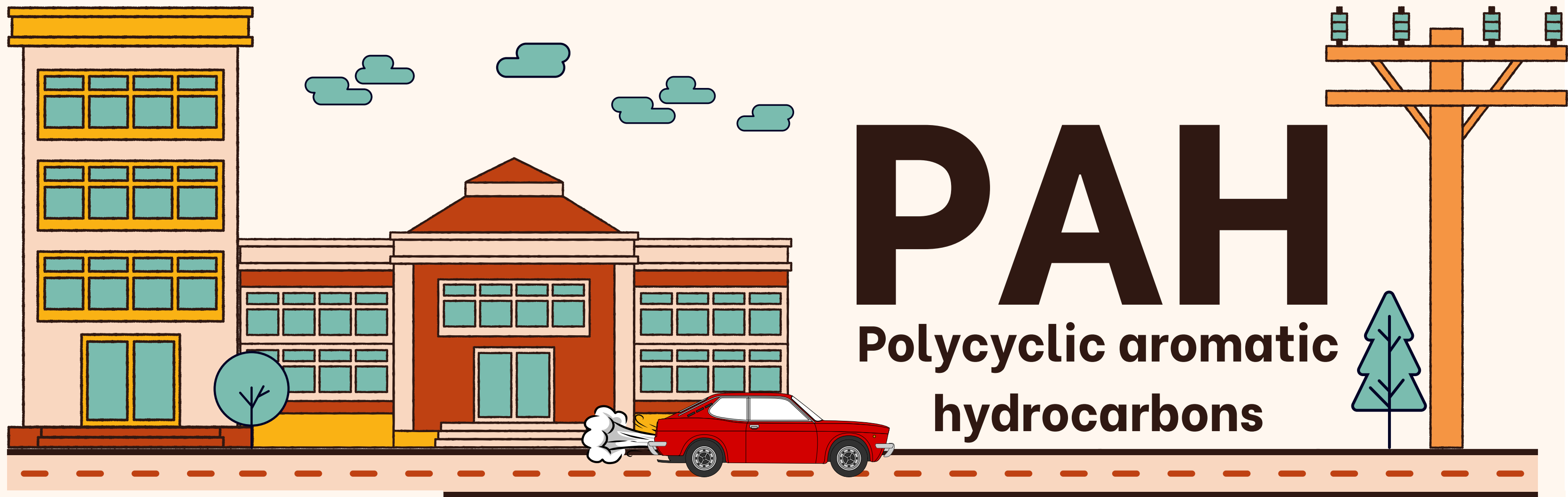




What are PAHs?

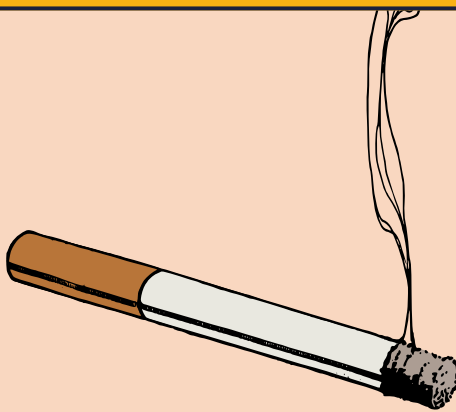
Polycyclic aromatic hydrocarbons (PAHs) are chemicals produced by burning material like coal, wood, gas, and food. Natural sources of PAHs include volcanoes, forest fires, coal, and gasoline. Some PAHs like naphthalene are used in consumer products like some mothballs.



How can I be exposed?



FOREST FIRES



SMOKING CIGARETTES AND USING VAPES



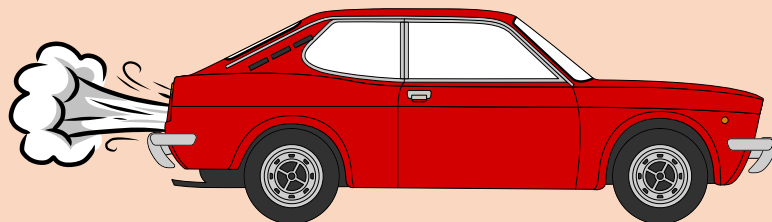
INDUSTRIAL JOBS



SMOKED OR GRILLED FOODS



AIR POLLUTION

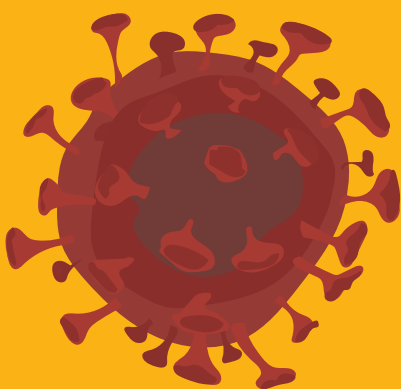


CAR EXHAUST



CONTAMINATED SOIL

What are the health impacts?



CANCER

Breast, bladder, lung, stomach, and skin cancer in adults, and brain tumors in children



SKIN CONCERNS

Skin irritation and skin cancers



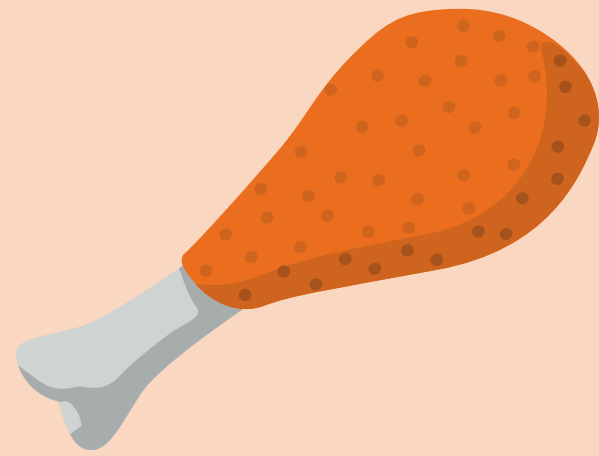
DEVELOPMENTAL CONCERNS

Difficulties with learning, attention, and behavior



LUNG DISEASE

Asthma and chronic obstructive pulmonary disorder (COPD)



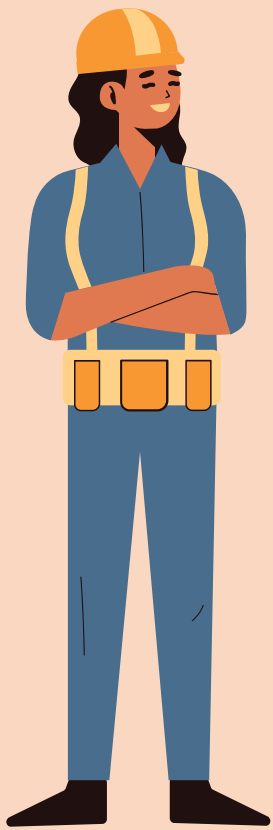
How can I reduce my exposure?

Exposure to PAHs can be reduced in diet by:

- Limiting intake of smoked or grilled foods
- Eating leaner cuts of meat
- Placing the grill grate higher over the flame
- Removing burnt or charred parts of food

Exposure to PAHs in the air you breath can be reduced by:

- Quitting or reducing smoking and vaping
- Cooking with a vent hood on high or near an open window
- Be careful when using wood burning stoves
- Closing windows and avoiding the outdoors if the air quality is poor



You may be at risk for exposure to PAHs if you work in:

- Construction
- Paving
- Transport
- Steel and/or iron forging
- Other industrial jobs

You can reduce your risks by:

- Wearing personal protective equipment (masks, respirators)
- Wearing protective clothing (coveralls, gloves)
- Washing hands frequently
- Changing out of work clothes before coming home
- Reviewing and following workplace safety guidelines
- Letting your doctor know about your possible exposures. Get routine check ups including blood work, as needed.

See here for more information



WATCH PAH VIDEO
OREGON STATE



VIEW CDC FACTSHEET
ON EPA WEBSITE



VIEW OREGON STATE
FACTSHEET



Region 1: New England
PEHSU
Pediatric Environmental Health
Specialty Unit

www.childrenshospital.org/pehsu



Boston Children's Hospital
Pediatric Environmental Health

www.childrenshospital.org/pehc

Disclaimer:

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