



STATE OF MICHIGAN

DEPARTMENT OF HEALTH AND HUMAN SERVICES
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MDHHS provides guidance on steps Michigan families can take to reduce exposure to Per- and Polyfluoroalkyl Substances

LANSING, Mich. – The Michigan Department of Health and Human Services (MDHHS) is providing guidance to all Michigan residents about steps they can take to reduce exposure to Per- and Polyfluoroalkyl Substances (PFAS) whenever possible.

“Michigan leads the nation in addressing PFAS contamination issues,” said Elizabeth Hertel, MDHHS director. “As part of our continuing efforts to protect the health and safety Michigan families, we are informing them about proactive steps they can take to reduce exposure to these chemicals.”

PFAS are a group of widely used and potentially harmful chemicals. Because PFAS have been used so often, they have been found in many places in the environment. While eliminating all exposure to PFAS may be difficult, taking the following steps can help reduce exposure:

- Discover if your [drinking water is impacted by PFAS](#).
- Consider using [certified PFAS-reducing drinking water filters](#).
- Follow [fish consumption guidelines in your area](#) to help choose fish low in PFAS.
- Follow [deer consumption advisories](#) to avoid eating venison with high levels of PFAS.
- Limit use of [consumer products](#) that may contain PFAS, such as non-stick, stain or water-resistant products.
- [Avoid contact with foam on surface water](#). Some foam may contain PFAS, as well as other chemicals. Avoid foam on surface water and rinse off if there is contact.

Reducing exposure to PFAS can help prevent potential associated health effects. Some studies have found that high exposure to some PFAS is linked to high cholesterol and liver damage, among other health effects, including:

- High blood pressure or pre-eclampsia during pregnancy.
- Thyroid disease.
- Decreased immune system response to vaccines in children.
- Reduced fertility.
- Small decreases in infant birth weight.
- Development of certain types of cancer, particularly kidney and testicular cancers.

“PFAS can be harmful to our health and it is always best to reduce exposure to this group of human-made chemicals whenever possible,” said Dr. Natasha Bagdasarian, chief medical executive. “Taking steps to limit your contact with PFAS can be a challenge, but following the steps described here are important actions that most people can take to reduce exposure.”

Learn about other steps to reduce exposure to PFAS at [Michigan.gov/PFAS](https://www.michigan.gov/PFAS).

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