

# Reducing Exposure to PAHs

Polycyclic Aromatic Hydrocarbons are common environmental pollutants

## How to reduce exposure



### AVOID

Avoid e-cigarettes and cigarette/cigar smoke.



### VENTILATE

When cooking or using a wood-fired stove/fire, run fans or open windows. Grill or smoke outdoors.



### ROTATE FOODS

Rotate smoked, grilled and charboiled foods with baked, steamed and canned foods.



### LIMIT

When possible, limit exposure to gasoline and diesel fumes (vehicles, machinery)



### MAINTAIN

If you use a wood stove, make sure the openings and chimney do not leak smoke indoors.



### REPLACE

For pest control, consider cedar shavings or blocks instead of naphthalene mothballs.



### PROTECT

Wear gloves to avoid skin contact with soot or creosote-treated lumber. Wear a mask if cutting treated lumber.