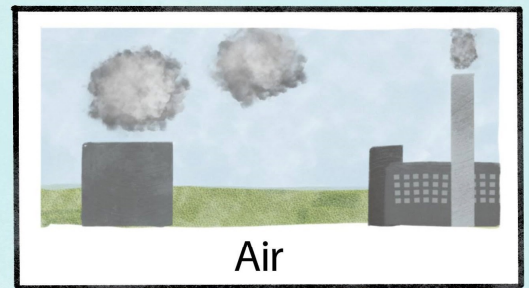
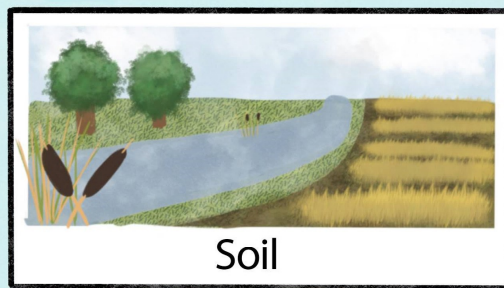
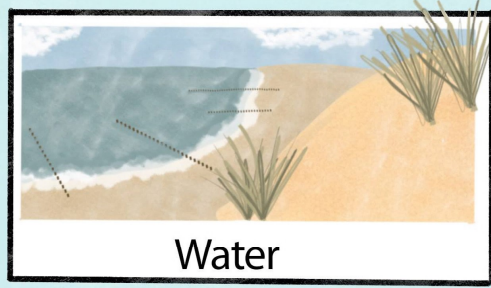
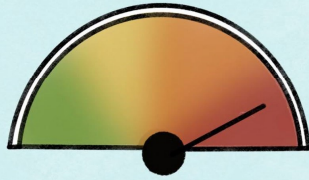


PFAS and swimming

PFAS is everywhere in our environment



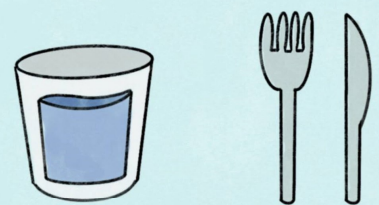
PFAS enters your body through ingestion



According to the RIVM (Dutch institute for Public Health and Environment) people in the Netherlands ingest too much PFAS



People are mainly exposed to PFAS by ingesting:



Drinks and Food



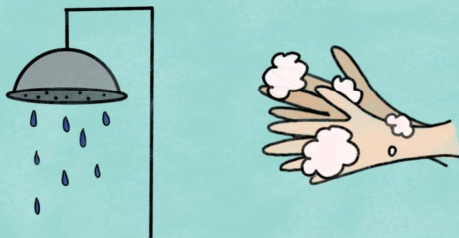
Can I swim safely?

Yes, you can, but take note of the next few things:

- Prevent swallowing seawater
- Chemical substances like PFAS, bacteria and viruses can remain on your skin in small amounts after swimming

What can I do?

After swimming:



Take a shower and/or wash your hands

Seafoam

PFAS, bacteria and viruses can accumulate in seafoam

Avoid ingesting the seafoam and prevent your child or pet playing in it

