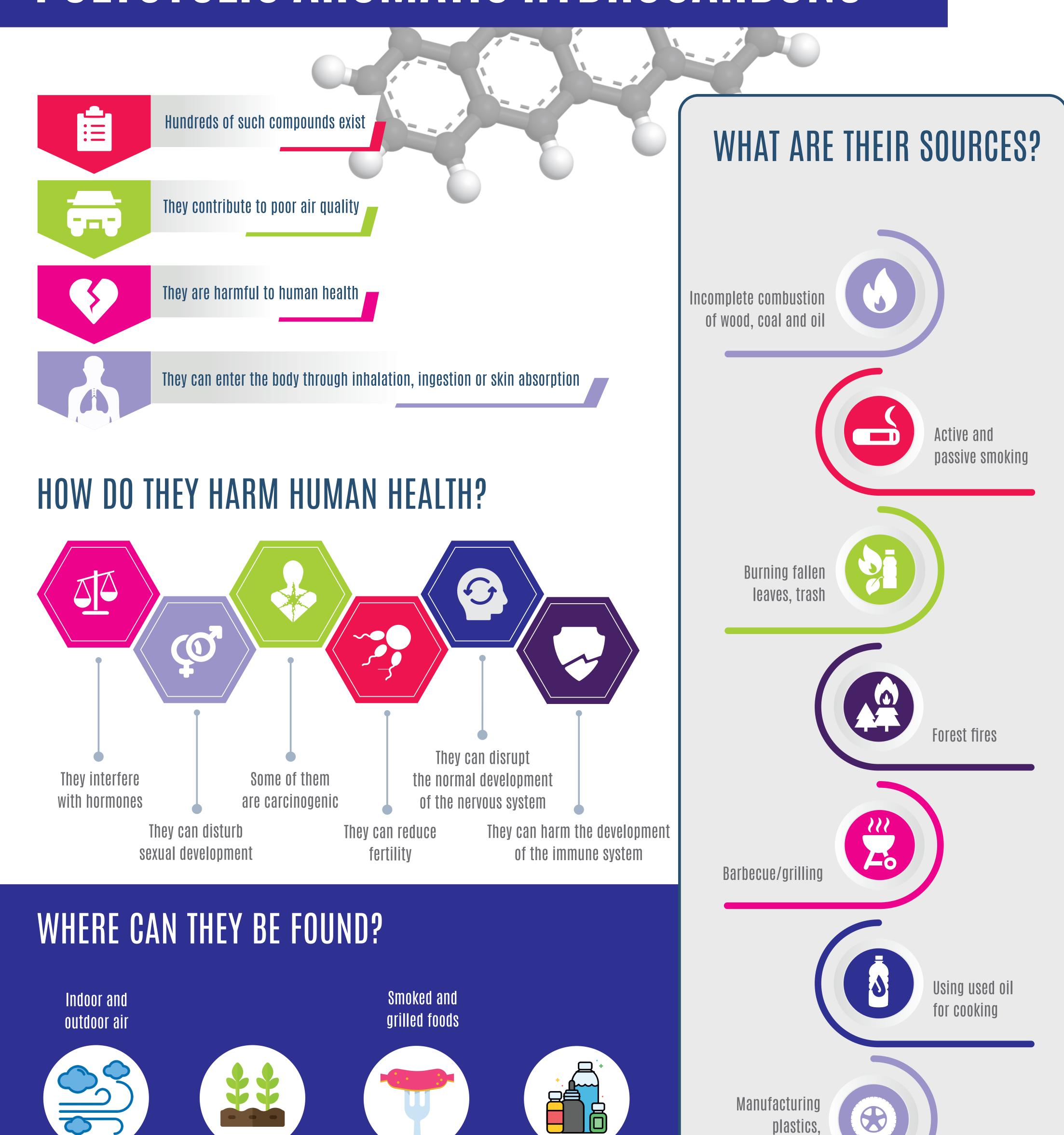
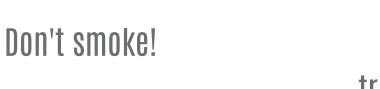
POLYCYCLIC AROMATIC HYDROCARBONS



HOW CAN THEY BE AVOIDED?







Vegetables, fruits, grains grown

on contaminated soil

Use public transportation!



Don't burn garbage, plastic, rubber, used oil, painted, glued or varnished wood!



Plastic and rubber

products

Don't eat burnt food!



rubber and asphalt

Prepare foods by cooking, steaming!



·Ventilate regularly!

