**Polycyclic Aromatic Hydrocarbons**

**How do they harm human health?**
- They can interfere with hormones
- They can disturb sexual development
- Some of them are carcinogenic
- They can reduce fertility
- They can disrupt the normal development of the nervous system
- They can harm the development of the immune system

**Where can they be found?**
- Indoor and outdoor air
- Vegetables, fruits, grains grown on contaminated soil
- Smoked and grilled foods
- Plastic and rubber products
- Using used oil for cooking
- Manufacturing plastics, rubber and asphalt

**How can they be avoided?**
- Don’t smoke!
- Use public transportation!
- Don’t burn garbage, plastic, rubber, used oil, painted, glued or varnished wood!
- Don’t eat burnt food!
- Prepare foods by cooking, steaming!
- Ventilate regularly!

**What are their sources?**
- Incomplete combustion of wood, coal and oil
- Active and passive smoking
- Burning fallen leaves, trash
- Forest fires
- Barbecue/grilling

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