Officials are now warning Michiganders to completely avoid PFAS foam. Previously, they advised simply not to ingest it.

PFAS (poly- and perfluoroalkyl substances) is a class of chemicals used in firefighting foam, water-proofing substances, and more. The chemicals have been found in 119 municipal water systems.

The Michigan Department of Health and Human Services has warned citizens to not ingest PFAS foam. But now, MLive reports that officials have found that skin contact alone has more health effects than previously thought.

The foam is caused by the churning waters in PFAS-contaminated lakes and rivers. It has been found in Alpena, Oscoda, Rockford, Cascade Township and Grayling, as well as along the Huron River.

MDHHS has yet to formally announce the new advisory. However, state toxicologists say it is being changed to simplify the message from "do not consume the foam" to "avoid the foam."

The Centers for Disease Control states that PFAS chemicals might cause several kinds of health problems, including affecting child development, affecting the immune system, and increasing the risk of cancer.