

Per and Polyfluoroalkyl Substances

A group of man-made chemicals used in industry and consumer products because of their resistance to heat, water, and stains



Water Resistant Clothing



Firefighting Foam

COMMON SOURCES OF PFAS



Nonstick Cookware



Stain Resistant Carpets



Food Packaging Material

What's the concern?

PFAS do not break down easily in the environment. Certain types such as PFOS and PFOA are associated with negative health effects. Some examples are:

- Perfluorooctanoic acid (PFOA)
- Perfluorooctane sulfonic acid (PFOS)
- Perfluorobutane sulfonic acid (PFBS)
- Perfluorononanoic acid (PFNA)
- Perfluorohexane sulfonic acid (PFHxS)
- GenX chemicals

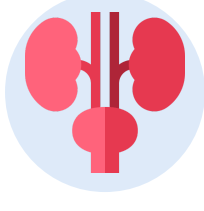
How can I be exposed?

- Using consumer products that contain PFAS
- Drinking water contaminated with PFAS
- Eating food contaminated with PFAS
- The Arizona Department of Quality (ADEQ) is working with public water systems to reduce exposure. Contact your public water system or ADEQ for information. Homeowners and/or private well owners can also choose to install home water treatment systems.

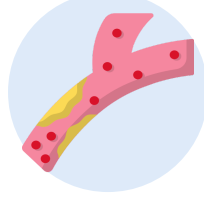
How can PFAS affect my health?

The health effects of PFAS are not fully understood. There are many different kinds of PFAS, and they do not all have the same health effects. Talk to your healthcare provider if you have medical concerns.

Possible Health Effects



Increased risk of kidney and testicular cancer



Increased cholesterol levels



Reduced immune response



Reduced chance of getting pregnant



Negatively impacting growth, learning, and behavior of children

How are PFAS regulated in Arizona?

There are no state regulatory limits for PFAS in Arizona. The Environmental Protection Agency (EPA) has issued interim updated health advisory levels for PFOA and PFOS and final health advisory levels for PFBS and GenX chemicals in drinking water. These values are based on multiple safety factors to protect the most vulnerable populations and take into account other potential sources of exposure (e.g. food, consumer products, air, etc.) EPA's Health Advisories are not enforceable standards.

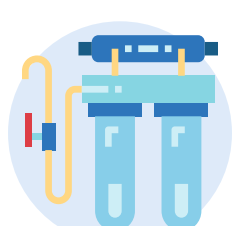
- Interim health advisory for PFOA = 0.004 ppt (parts per trillion)
- Interim health advisory for PFOS = 0.02 ppt
- Final health advisory for GenX chemicals = 10 ppt
- Final health advisory for PFBS = 2,000 ppt

How can I reduce exposures?

- Avoid using consumer products that contain PFAS
- Install a water filtration system



Granulated Carbon Filter



Reverse Osmosis



Boiling water will **NOT** remove PFAS



Bottled water is **NOT** required to test for PFAS

At home PFAS water treatment

If my water has measurable levels for PFOA/PFOS or GenX Chemicals/PFBS above EPA's advisory levels, what can I use it for?



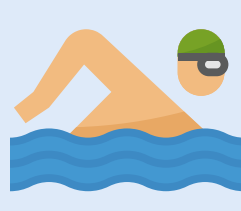
Washing Dishes



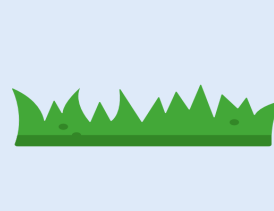
Showering



Laundry



Swimming



Land Irrigation



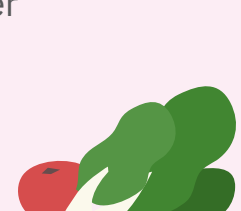
Drinking Water



Preparing Formula



Brushing Teeth



Washing Produce



Cooking

For more information please visit:

- ADEQ (Arizona Department of Environmental Quality) <http://www.azdeq.gov/PFOA/PFOS>
- ADHS (Arizona Department of Health Services) <http://www.azdhs.gov/epht>
- Certified Drinking Water Labs <http://www.azhealth.gov/labs4h2o>
- ATSDR (Agency for Toxic Substances and Disease Registry) <https://www.atsdr.cdc.gov/pfas/index.html>
- US EPA (United States Environmental Protection Agency) <https://www.epa.gov/pfas>
- US FDA (U.S. Food and Drug Administration) <https://www.fda.gov/food/chemical-contaminants-food/questions-and-answers-pfas-food>