

PFAS

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



COMMON SOURCES OF PFAS



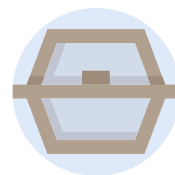
Water Resistant Clothing



Nonstick Cookware



Stain Resistant Carpets



Food Packaging Material



Firefighting Foam

People may be exposed to PFAS from using consumer products or from drinking water and eating food contaminated with PFAS.

What is the concern?

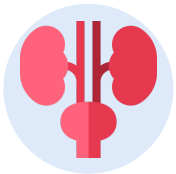
PFAS are hard to break down and stick around in the environment for a very long time. Some PFAS, such as PFOS and PFOA, may be bad for your health. Some examples of PFAS are:

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

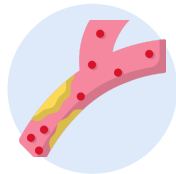
How can PFAS affect my health?

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



Increased high blood pressure in pregnant women



Negative impacts on child growth, learning, and behavior

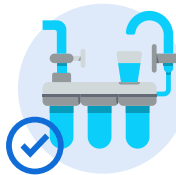
How can I reduce my exposure?

- Avoid using consumer products containing PFAS
- Install a water filtration system certified to remove PFAS

Dos and Don'ts of PFAS Water Treatment



Granulated Carbon Filter



Reverse Osmosis



Ion Exchange Resins



Boiling water will **NOT** remove PFAS



PFAS testing is **NOT** required for bottled water

How are PFAS regulated in Arizona?

The Environmental Protection Agency (EPA) introduced a new rule for PFAS under the Safe Drinking Water Act. This rule establishes Maximum Contaminant Levels (MCLs) for five individual PFAS in drinking water. The MCLs are 4 parts per trillion (ppt) for PFOA and PFOS, and 10 ppt for PFHxS, PFNA, and HFPO-DA (GenX Chemicals). Additionally, the EPA set a Hazard Index (HI) level for a mixture of two or more of four PFAS (PFNA, PFHxS, HFPO-DA, and PFBS). The HI should not exceed 1, indicating a higher risk from exposure to the mixture of PFAS.

Maximum Contaminant Level (MCL): The maximum amount of a contaminant allowed in drinking water.

Hazard Index (HI): A score that helps show the safety of the mix of different PFAS in your water. It checks if the combined effect of these things is higher than what's considered safe for your health.

Parts per trillion (ppt): Also expressed as ng/L

What can I use my water for if it has levels of PFAS above the EPA MCL?



Washing Dishes



Showering



Laundry



Land Irrigation



Swimming



Drinking Water



Preparing Formula



Cooking



Brushing Teeth



Washing Produce

For more information please visit:

- ADEQ (Arizona Department of Environmental Quality)
<https://www.azdeq.gov/pfas-resources>
- ADHS (Arizona Department of Health Services)
<http://www.azdhs.gov/pfas>
- 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/environmental-contaminants-food/and-polyfluoroalkyl-substances-pfas>