

# 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



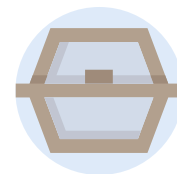
Water Resistant Clothing



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?

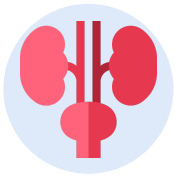
PFAS are hard to break down and stick around in the environment for a very long time. Some PFAS, such as PFOS and PFOA, may be bad for your health. Some examples of PFAS are:

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

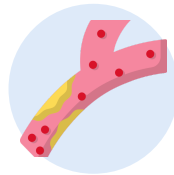
### How can PFAS affect my health?

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

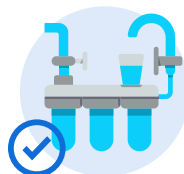
### How can I reduce my exposure?

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

#### Dos and Don'ts of PFAS Water Treatment



Granulated Carbon Filter



Reverse Osmosis



Boiling water will **NOT** remove PFAS



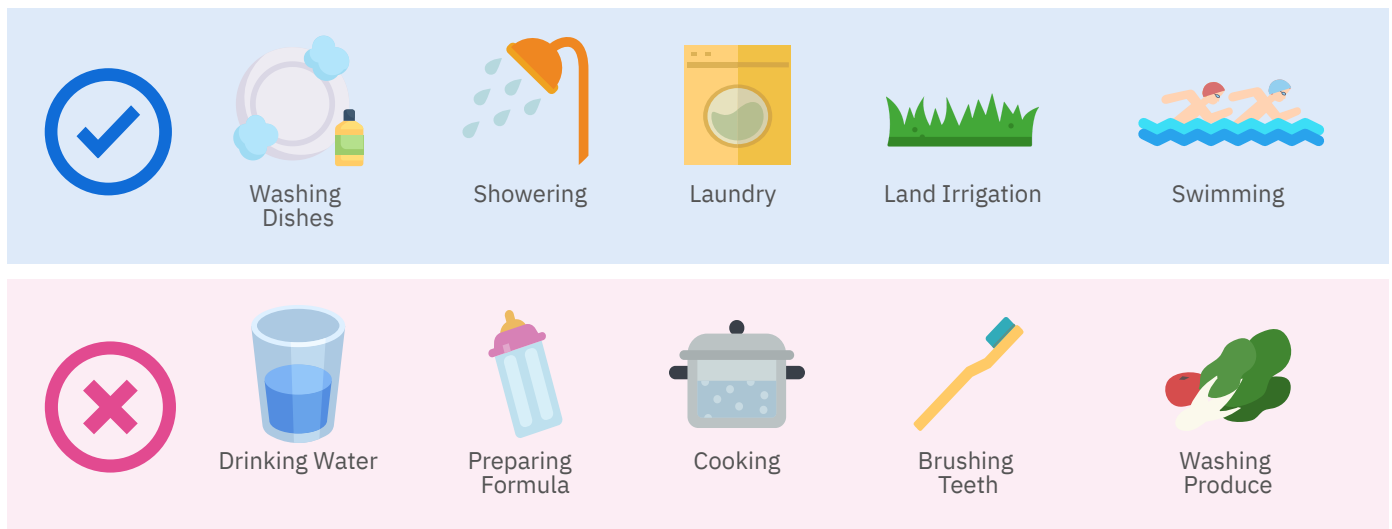
PFAS testing is **NOT** required for bottled water

## How are PFAS regulated in Arizona?

There are no state regulatory limits for PFAS in Arizona. The U.S. Environmental Protection Agency (EPA) is proposing Maximum Contaminant Levels (MCLs) for six PFAS. An MCL is the maximum amount of a particular contaminant allowed in drinking water. These values are based on multiple safety factors to protect the most vulnerable populations and consider other potential sources of exposure (e.g., food, consumer products, air, drinking water, etc.)

EPA is proposing the new MCL to be 4 parts per trillion (ppt) for PFOA and 4 ppt for PFOS. EPA is also proposing to evaluate the mixture of PFNA, PFHxS, PFBS, and GenX as a group, using a calculated Hazard Index (HI). The HI should not exceed 1. This approach takes account for the increased risk from the PFAS mixture.

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



## 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 Testing 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>