PFAS and Perfluoroalkyl Substances

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

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

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:
- Increased cholesterol levels
- Reduced immune response
- Increased risk of kidney and testicular cancer
- Negatively impacting growth, learning, and behavior of children
- Reduced chance of getting pregnant

How can PFAS affect my health?
Possible Health Effects

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 be exposed?
- Using consumer products that contain PFAS
- Drinking water contaminated with PFAS
- Eating food contaminated with PFAS

How can PFAS affect my health?

COMMON SOURCES OF PFAS

- Routine clean-up
- Disposal of household hazardous waste
- Landfills

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

If my water has measurable levels for PFOA/PFOS or GenX Chemicals/PFBS above EPA’s advisory levels, what can I use it for?
- Drinking Water
- Showering
- Laundry
- Swimming
- Land Irrigation
- Washing Produce
- 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)
  - 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