

Where Can PFAS Be Found?

PFAS can be present in our water, soil, air, and food, as well as in materials found in our homes or workplaces, including:

- **Drinking water** – in public drinking water systems and private drinking water wells.
- **Soil and water at or near waste sites** - at landfills, disposal sites, and hazardous waste sites such as those that fall under the federal Superfund and Resource Conservation and Recovery Act programs.
- **Fire extinguishing foam** - in aqueous film-forming foams (or AFFFs) used to extinguish flammable liquid-based fires.
- **Manufacturing or chemical production facilities that produce or use** .
- **Food** – for example in fish caught from water contaminated by PFAS and dairy products from livestock exposed to PFAS.
- **Food packaging** – for example in grease-resistant paper, fast food containers/wrappers, microwave popcorn bags, pizza boxes, and candy wrappers.
- **Household products and dust** – for example in stain and water-repellent used on carpets, upholstery, clothing, and other fabrics; cleaning products; non-stick cookware; paints, varnishes, and sealants.
- **Personal care products** – for example in certain shampoo, dental floss, and cosmetics.
- **Biosolids** – for example fertilizer from wastewater treatment plants that is used on agricultural lands can affect ground and surface water and animals that graze on the land.

Where to Go for the Latest Information on PFAS

Federal Government Resources:

U.S. Environmental Protection Agency
Agency for Toxic Substances and Disease Registry (ATSDR)
National Institutes of Health (NIH)
Food and Drug Administration (FDA)
United States Navy
United States Air Force, Civil Engineering Center

State Government Resources:

Association of State Drinking Water Administrators (ASDWA)
Interstate Technology and Regulatory Council (ITRC)
Environmental Council of the States
Environmental Research Institute of the States (ERIS)

Aspetuck Health District
180 Bayberry Lane
Westport, CT., 06880
Phone: 203.227.9571
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Website: www.aspetuckhd.org



Aspetuck
Health District

What ARE Per- and Polyfluoroalkyl Substances (PFAS)

PFAS are a group of chemicals that have been used in industry and consumer products since the 1940s because of their useful properties. There are thousands of different PFAS, some of which have been more widely used and studied than others.

One common characteristic of concern of PFAS is that many break down very slowly and can build up in people, animals, and the environment over time.



Information for this pamphlet was obtained from the US-EPA and CT-DPH web pages

Is Exposure Harmful to Health?

Studies have shown that only a small amount of PFAS can get into your body through your skin. Showering, bathing, and washing dishes in water containing PFAS are unlikely to significantly increase your risk.

Research suggests that exposure to certain PFAS may lead to adverse health outcomes. However, research is still ongoing to determine how different levels of exposure to different PFAS can lead to a variety of health effects.

Research is also underway to better understand the health effects associated with low levels of exposure to PFAS over long periods of time, especially in children.

What We Know about Health Effects

The main health concerns come from studies in laboratory animals which consistently show effects on the liver and immune system, on growth, reproduction and fetal development. PFAS can also affect the endocrine and hormonal systems and can disturb blood lipids. Studies of human populations exposed to elevated levels of PFAS generally support the effects seen in animals. Some studies have also shown an increased risk for kidney cancer, and at very high exposure levels, for testicular cancer. Our bodies eliminate these chemicals very slowly, so with continued exposure they can build up over time.

Therefore even low levels in drinking water may increase your risk of developing a variety of health risks if exposure is long term (months to years). Exposure to PFAS above the CT Action Level does not necessarily mean that health effects will happen.

Reduce Risk from Consuming Fish Contaminated with PFAS

Avoid eating fish from waterways impacted by PFAS. You can determine which waterways are of concern by contacting your state or tribal fish advisory programs using EPA's list of state fish advisory contacts.

Reduce Risk from Consumer Products Containing PFAS

Recent efforts to remove certain PFAS from commerce have reduced the likelihood of exposure, some household products and indoor air or dust may still contain PFAS.

If you have questions or concerns about products you use in your home, you may contact the Consumer Product Safety Commission's Consumer Ombudsman by calling (301) 504-8120, emailing ConsumerOmbudsman@cpsc.gov, or visit the CSPC's website.

Reduce Exposure to PFAS in Drinking Water

If You Get Your Water from a Public Drinking Water System

Reach out to your local water utility to learn about how they may be addressing PFAS as well as ask them to test the water for PFAS or to share information with you if they have already tested the water.

If You Get Your Water from a Home Drinking Water Well

PFAS testing is currently not generally recommended for private well owners, because of the complexity of proper sample collection, cost and the limited number of labs approved for testing for PFAS.

For more information on private well water testing, visit: TestYourWell.ct.gov

EPA does not regulate or provide recommended standards for private wells. CT-DPH has established Action Levels for 10 PFAS.

If you choose to test your water, it is important to use a state-certified laboratory using EPA-developed testing methods.

If You Continue To Have Concerns

Consider using an alternate water source for drinking, preparing food, cooking, brushing teeth, or preparing baby formula.

Consider installing an in-home water treatment (e.g., filters) that are certified to lower the levels of PFAS in your water

CT Certified Testing Laboratories

Test Name Phone # Lab Name Location

PFCs - (203) 401-2700 Regional Water Authority New Haven, CT

PFCs - (203) 325-1371 York Analytical Laboratories (II) - NY Richmond Hill, NY

PFAS - (203) 401-2700 Regional Water Authority New Haven, CT

PFAS - (203) 377-9984 Complete Environmental Testing, Inc. Stratford, CT

PFAS - (860) 486-2668 UCONN Cntr. Envir. Sciences & Engineering Storrs, CT

PFAS - (413) 525-2332 PACE Analytical Services, LLC East Longmeadow, MA

PFAS - (508) 898-9220 PACE Analytical Services, LLC Mansfield, MA

A full list of CT Approved PFAS Testing Labs can be found at CT.gov