

# 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.



Water Resistant Clothing



Firefighting Foam

### COMMON SOURCES



Nonstick Cookware



Stain Resistant Carpets



Food Packaging Material

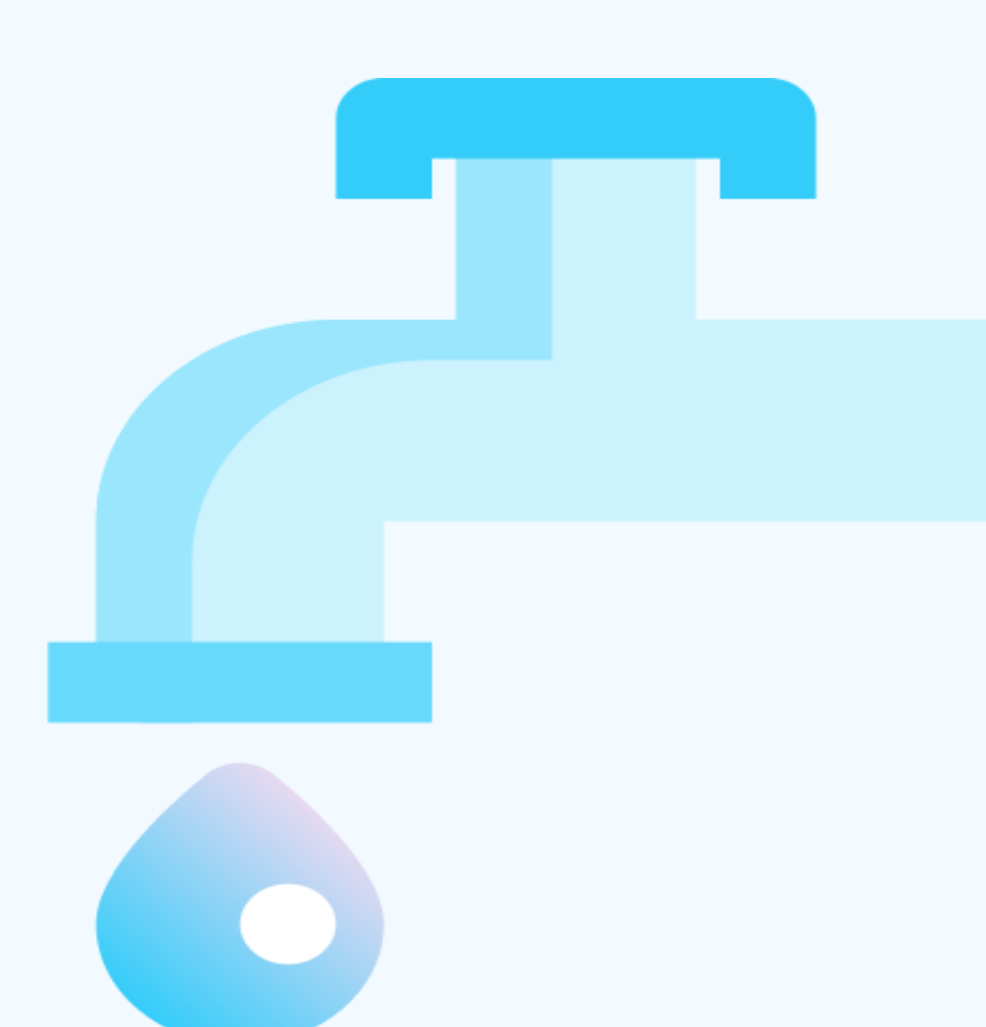
### What's the concern?

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)
- Perfluorononanoic acid (PFNA)
- Perfluorooctane sulfonic acid (PFOS)
- Perfluorohexane sulfonic acid (PFHxS)
- Perfluorononanoic acid (PFNA)

### How can I be exposed?

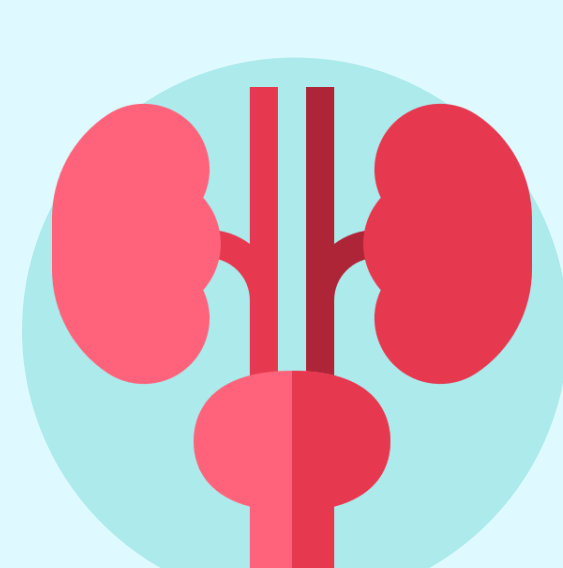
You can be exposed to PFAS by using consumer products that contain PFAS or drinking water contaminated with PFAS. The Arizona Department of Quality (ADEQ) is working with public water systems to reduce exposure. Contact your public water system or ADEQ for information. Homeowners and/or private well owners can also choose to install home treatment systems.



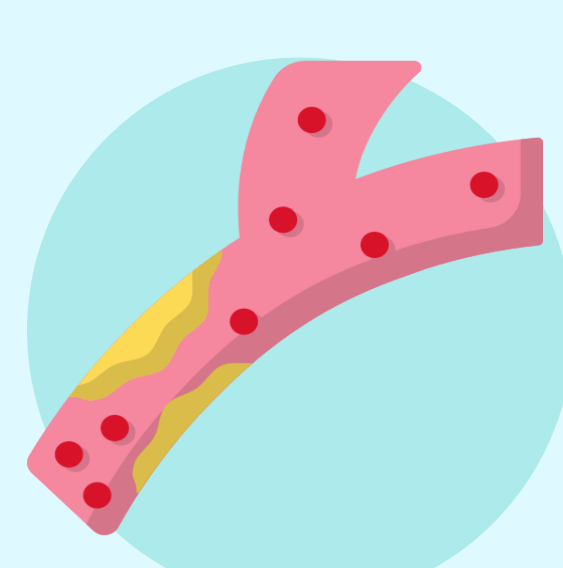
### How can PFAS affect my health?

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 effect. 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 federal regulatory limits for PFAS. The Environmental Protection Agency (EPA) issued a health advisory that recommends drinking water concentrations of PFOA and PFOS not exceed 70 parts per trillion (ppt). In Arizona, there are no state regulatory limits for PFAS.

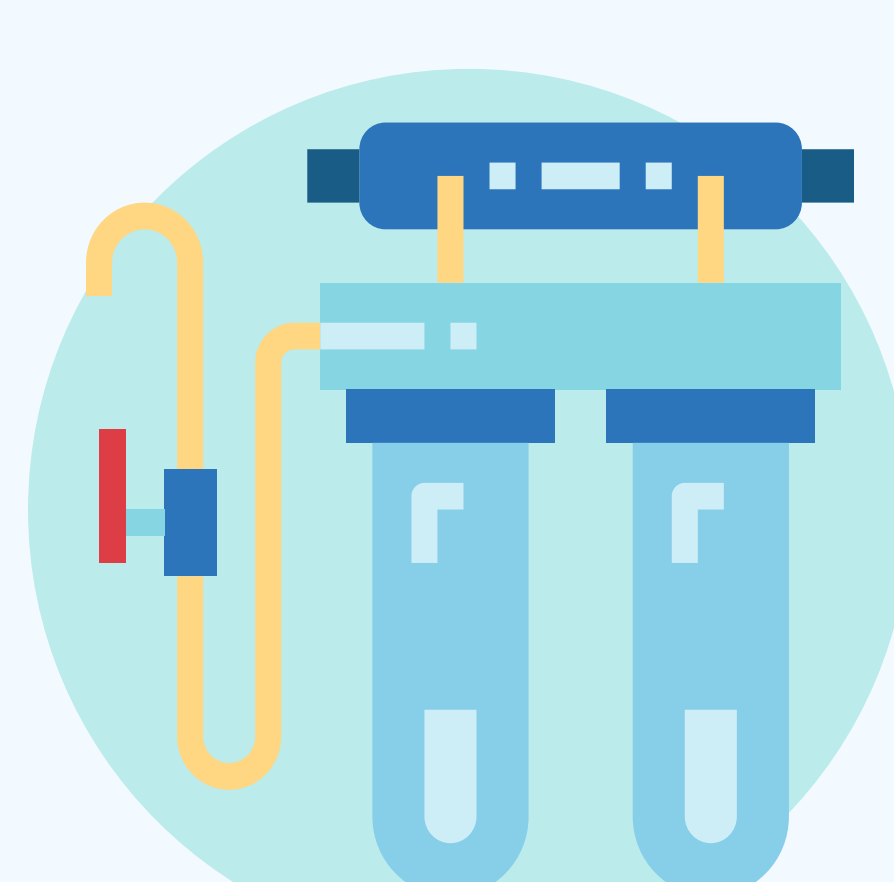
### How can I reduce exposures?

You can avoid using consumer products that contain PFAS or drinking contaminated water.

#### AT HOME PFAS WATER TREATMENT

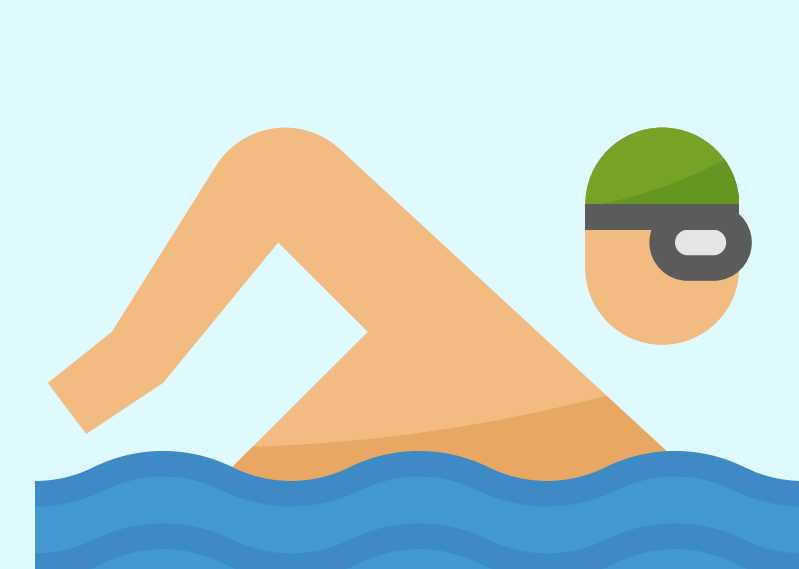


Granulated Carbon Filter



Reverse Osmosis

### If my water has > 70 PPT PFAS, what can I use it for? Check with your water utility for more information.



Swimming



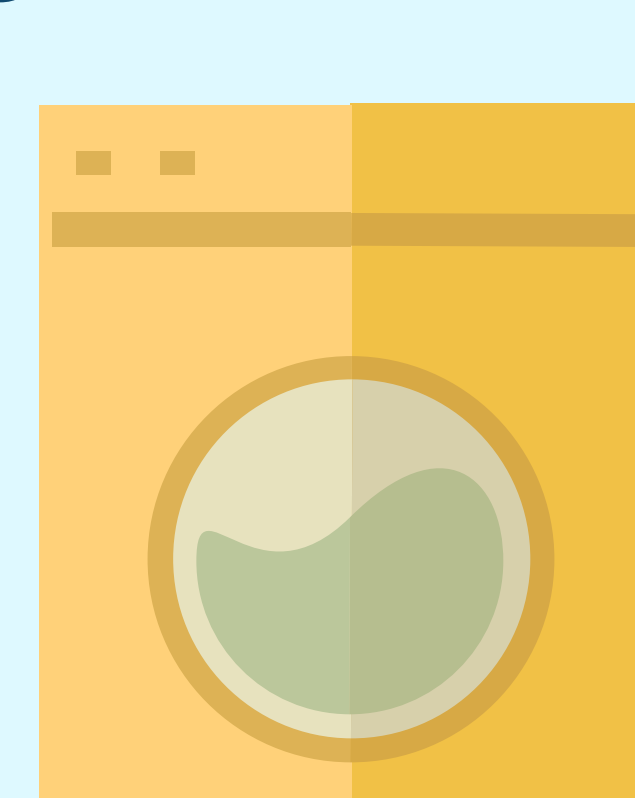
Land Irrigation



Washing Dishes



Showering



Laundry



Drinking Water



Preparing Formula



Brushing Teeth



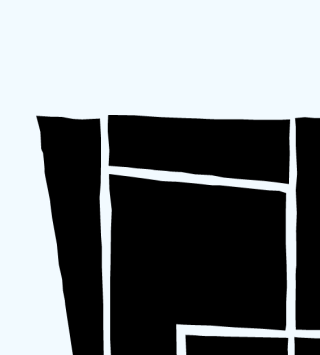
Washing Fruits and Vegetables



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/chemicals/and-polyfluoroalkylArizo-substances-pfas>



ARIZONA DEPARTMENT OF HEALTH SERVICES