What are PFAS?

- PFAS (per-and polyfluoroalkyl substances) are man-made chemicals that have been used in many industrial and consumer products since the 1940s
- Since PFAS are widely used, they can be found in the water, soil, air, and many consumer goods
- PFOA (perfluorooctanoic acid) and PFOS (perfluorooctane sulfonic acid) are the two most common types of PFAS in the United States
- PFAS are often found in:
  - carpet
  - fabric
  - firefighting foams
  - non-stick coating on cookware and food packaging

- PFAS take a long time to break down in the environment
- Understanding of PFAS continues to change as new data emerges

Resources

Taking charge of your health means staying informed!

PFAS in general:

- Detailed information about PFAS in Virginia can be found here
- Use ODW's PFAS Tracking tool find out what the PFAS levels look like in your area
- See VDH's toxicology site about PFAS

PFAS in private wells:

- Find out more about PFAS in Virginia well water on VDH's website
- A list of EPA-approved laboratories may be accessed here

Federal Agencies & PFAS:

- Learn more about PFAS on the EPA's website
- Visit the CDC's website to learn about PFAS exposure in humans

VDH VIRGINIA DEPARTMENT OF HEALTH

Prince William Health District

A brief overview

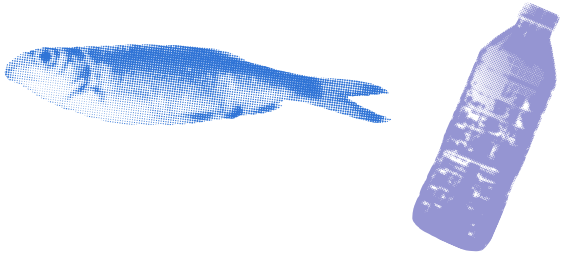
PFAS

Per-and polyfluoroalkyl substances

Onsite Sewage & Water Services
5 County Complex Court
Suite 240, Woodbridge, VA 22192

Exposure to PFAS

- The most common route of exposure to PFAS is consumption of contaminated food and water:
    - Drinking contaminated water
    - Eating fish from contaminated water
    - Eating food grown near areas with high levels of PFAS
    - Eating foods prepared in packaging made with PFAS
- Living near factories or working in jobs that make PFAS may increase amounts in the blood
- Levels of PFAS in bottled water are not monitored by the FDA, so drinking from them is not necessarily a safe alternative
- Get the most updated information in the resources tab



Potential Health Effects

- The full range of health effects caused by PFAS is still being studied
- Current research indicates that exposure to high levels of PFAS may be linked to:
    - Increased cholesterol levels
    - Changes in liver enzymes
    - Decreased vaccine response in children
    - Greater risk of high blood pressure or pre-eclampsia among pregnant women
    - Small decreases in birth weight in infants
    - Kidney and testicular cancer
- Health outcomes are dependent on many factors that are still being studied

What is Virginia Doing about PFAS?

- The Virginia Office of Drinking Water (ODW) is currently in Phase 2 of the sampling program to measure PFAS in Virginia's water supply
- ODW is working with utility providers to monitor PFAS within public drinking water supply

Private Wells

- If you are one of the 1.6 million Virginians that rely on a private well, it is your responsibility to test your water
- VDH does not test for PFAS in private wells, nor do they require anyone to test for it
- If you live in an area that is known to have high levels of PFAS, it may be wise to consider having your water tested
- Please note, private well testing for PFAS can be difficult and costly