

PFAS & Drinking Water

Facts and how to reduce exposure

What are PFAS?

- Per- and Polyfluoroalkyl substances are a large group of human-made chemicals that have been widely used in industry and consumer products since the 1940s.
- Most commonly, they have been used in food packaging, non-stick cookware, shampoo, dental floss, makeup products, and furniture resistant to water and stains.
- PFAS tend to break down very slowly, so they can build up in humans and animals and end up in our drinking water and food supply.

How does it affect the public?

- Consumers of private well water are encouraged to have their water systems tested for PFAS.
- Children ages 0-5 years, and people who are pregnant, planning to become pregnant, or breastfeeding are more susceptible to health impacts from these chemicals.
- PFAS are associated with a range of negative health impacts which include certain types of cancer, high cholesterol, and reduced vaccine effectiveness.
- There is also evidence that PFOA (a PFAS chemical) increases the risk of kidney and testicular cancer.

How to reduce your exposure

- Reduce exposure to PFAS in drinking water by using an at-home water filter or by using an alternate source of water for drinking and cooking.
- Some water filter technology, like reverse osmosis or granular activated carbon can be effective at removing PFAS.
- Though the department does not endorse specific brands, some examples to consider include:
 - Purefast Pitcher Filter Cartridge
 - Aquasana Claryum Countertop
 - Hydroiv Undersink Filter
 - Certified Samsung or LG refrigerator filters
- These examples range from \$45 to \$200.

Alternate Water Sources

Look for water that has been treated with reverse osmosis. Look for brands that specifically include “reverse osmosis” on the labels.

Not all bottled water is below PFAS health advisories. Bottled water also negatively impacts the environment.

When to Use Tap Water

- Showering
- Brushing teeth
- Laundry and cleaning activities
- Washing produce

When to Use Treated Water

- Drinking
- Cooking
- Preparing infant formula
- If possible, when watering produce garden

For more information, please visit pueblohealth.org/PFAS