

Washington State Department of Ecology

- Enviro. Assessment Program
- Air Quality Program
- Hazardous Waste and Toxics Reduction
 - RCRA
 - Pollution Prevention
 - Climate Pollution Reduction
- Office of Equity and Environmental Justice
- Solid Waste Management Program
 - Biosolids
 - Landfills
 - Industrial
- Toxics Cleanup Program
- Water Quality Program
 - Wastewater
 - Stormwater
- Nuclear Waste Program
 - Cleanup

Washington State Department of Fish and Wildlife

- Toxics Biological Observation System

Washington State Attorney General's Office

- Lawsuit against the manufacturers of AFFF

Washington State Department of Health


- Office of Drinking Water
 - Source Monitoring
 - Policy and Planning
 - Water Quality
 - Engineering and Technical Services
 - Regional Offices
 - Statewide Revolving Fund
 - Operator Certification Program
- Office of Environmental Public Health Sciences
 - Site Assessment and Toxicology
- Office of Public Affairs and Equity
 - Center for Health Promotion and Education

Washington State Department of Agriculture

- Food Protection Task Force
- Animal Health

Washington State Department of Commerce

- Local Government Division
 - Emergency Rapid Response
 - Public Works Board – Construction Loan Program



What are the health impacts?

What are PFAS?

How concerned should I be?

What can I do?

What are my agencies doing?



PFAS – HEALTH PROMOTION AND EDUCATION

Who Am I?

Claire Nitsche (she/her)
MPH, MCHES

Health Educator – PFAS

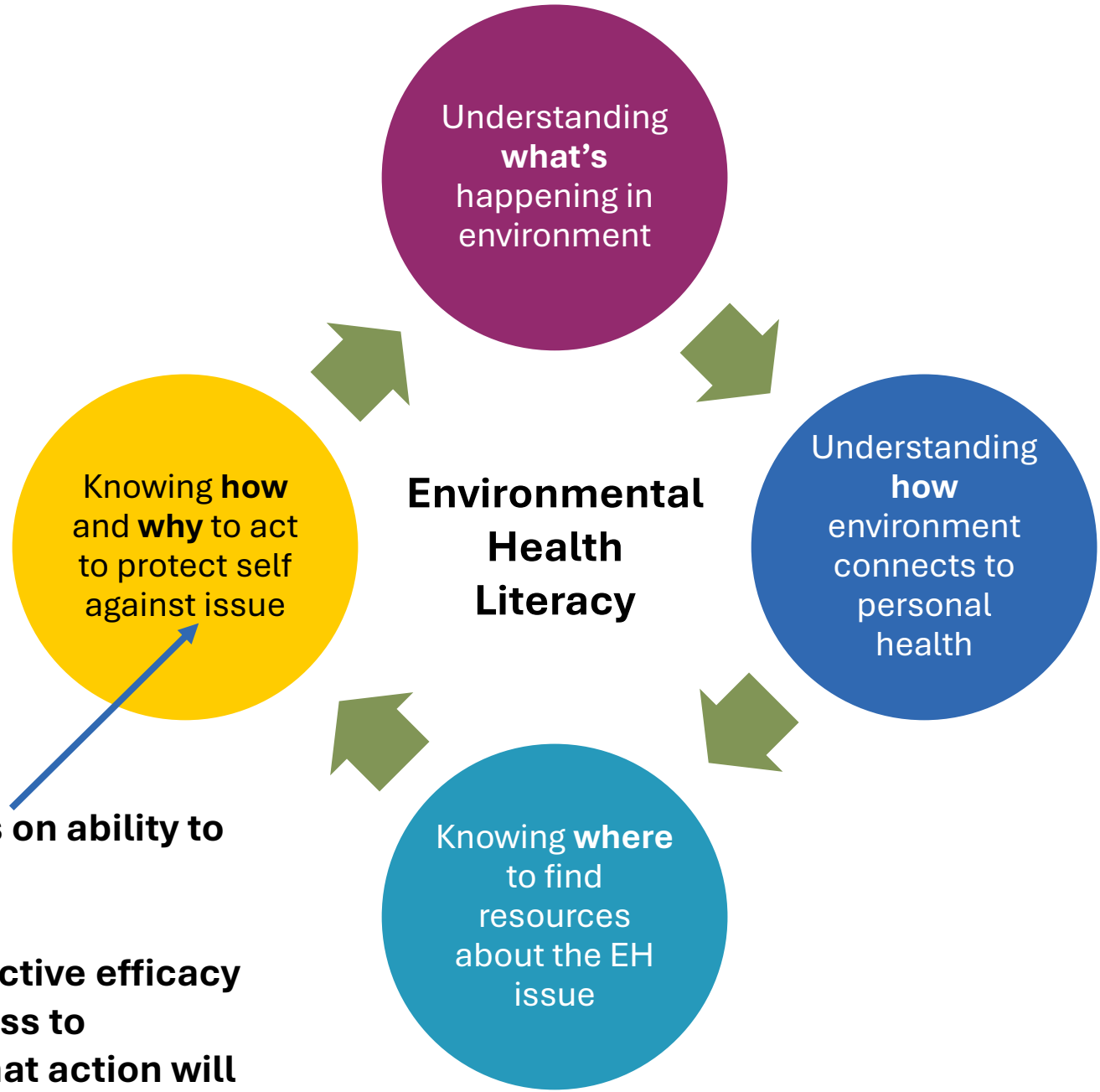
Washington State Department of
Health

Claire.Nitsche@doh.wa.gov



Health Education





Important: emphasis is on ability to act!

Requires self and collective efficacy feeling confident, access to resources, the belief that action will bring solution, etc.

Community Listening Sessions: Centering Community Voices



Local and state officials hear from Selah residents affected by drinking water contamination

SANTIAGO OCHOA Yakima Herald-Republic Feb 5, 2023

Date: Thursday, Feb. 2nd
Time: 5:30PM-8:00PM
Where: Selah Civic Center

East Selah Community PFAS Listening Session

Join Us!

Come meet several agencies who are working to address PFAS at Yakima Training Center! Share your advice on their efforts and any other concerns.

The goals of this meeting are to:

- Get to know local and state folks working on PFAS issues at Yakima Training Center and other locations in Washington.
- Discuss your concerns, ask questions, learn more about ongoing PFAS contamination efforts, and learn how we can work together.
- Learn about Washington State's PFAS State Action Levels, and how to reduce your PFAS exposure.
- Create a community map of where PFAS have been detected in well water.

Invited Guests:

Yakima Health District — Dedicated to providing support to our partners and education and outreach to the public about PFAS and potential resources in mitigating elevated levels of PFAS in private and community drinking water wells in Yakima County.

Washington State Department of Health (DOH) — Protects the health of the people of Washington by preventing or reducing environmental hazards and ensuring safe and reliable drinking water. DOH also regulates public water systems, issues advice for private wells, and supports local health jurisdictions.

Washington State Department of Ecology (ECY) — Responsible for overseeing the investigation and cleanup of contaminated areas and groundwater at the Yakima Training Center.

Did you know...?

Washington state recommends you act to lower PFAS levels in your drinking water, even if your PFAS levels are under 70ppt.

Come to the listening session to learn more!

AGENDA

5:30PM—6:00PM: Refreshments and community PFAS detection map activity.

6:00PM—6:15PM: Meeting kickoff with invited guest introductions.

6:15PM—6:30PM: Presentation on Washington's PFAS State Action Levels for drinking water.

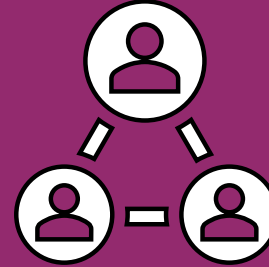
6:30PM—8:00PM: Moderated listening session and discussion.

Listening Session Impact on PFAS Situation

"This was cathartic for my community. I feel like real progress is possible because of this."

Increased community trust through:

- Transparency
- Collaboration
- Co-created health education/comms materials

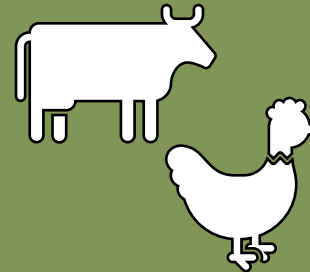


Increased agency coordination, collaboration, and activities/action.



Access to:

- Free POU water filters
- Bottled water
- Additional private well testing



Home-raised livestock testing

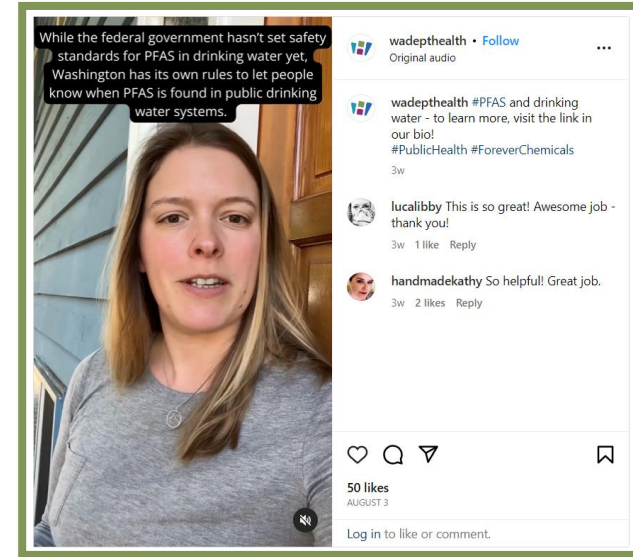
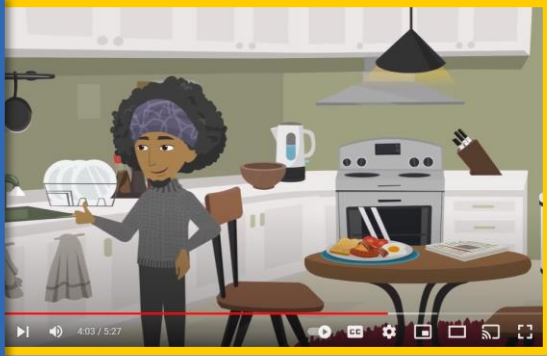
Social Marketing Research

- Market Research Online Community (called “Health Hub” to participants).
- Run by our social marketing contractor, C+C.
- Recruited group of 645 participants that we send agency social marketing studies to in return for a gift card.
 - Representative of Washington state demographics.
- Participants are pre-screened into groups per the study’s focus/aim.
- Two surveys – Oct. 2022 and June 2024 (same cohort).



PFAS Education Materials – “Be Less Governmenty!”

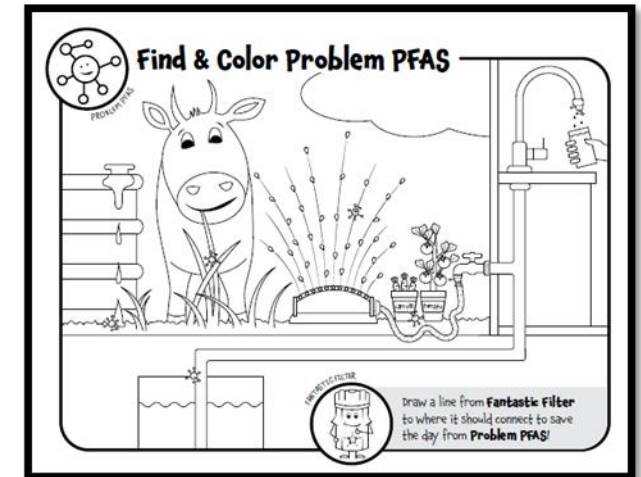
“PFAS Basics” YouTube Series



“Tiktoxicology” (Instagram, TikTok, Facebook, LinkedIn, X)



Coffee and Chat with the Experts



More "Traditional" Health Education Materials

Accredited Labs that Test PFAS Water Samples for PFAS

331-700 • Updated 5/30/2024

These labs are accredited by the Washington State Department of Ecology methods 533 and/or 533.1.

State	City	Company Name	Method
CA	El Dorado Hill	Enbridge Analytical, Inc.	EPA 533
CA	Fresno	IQE Associates	EPA 533
CA	Manteca	Enbridge Analytical, Inc. - Fremont	EPA 533
IL	Chicago	IQE - Chicago	EPA 533
ID	Moscow	Angus Labs, Inc. - Moscow	EPA 533
IN	South Bend	Enbridge Analytical, Inc. - South Bend	EPA 533
MA	Mansfield	Enbridge Analytical - Mansfield	EPA 533
NC	Wilmington	IQE South America, Inc.	EPA 533
PA	Lancaster	Enbridge Analytical Laboratories - Lancaster	EPA 533
SC	Charleston	IQE Laboratories, LLC	EPA 533
CA	Burien	Enbridge Laboratories, Inc.	EPA 533
CA	West	Enbridge Laboratories, Inc.	EPA 533
MA	Norwell	Enbridge Analytical Chemical Services Laboratory	EPA 533
MI	Minneapolis	IQE Analytical Services, LLC - Minneapolis	EPA 533
NE	Omaha	IQE Analytical, Inc. - Omaha	EPA 533
OR	Medford	Enbridge Analytical - Medford	EPA 533
MT	Billings	Enbridge Laboratories, Inc.	EPA 533
IL	Indianapolis	Advanced Environmental Laboratories, Inc.	EPA 533
WA	Kelso	ALS Environmental	EPA 533
OH	Cuyahoga Falls	Summit Environmental Technologies, Inc.	EPA 533

What to Know

- The lab will send a sample kit with instructions.
- Shipping times, costs, and result times will vary per lab.
- For more information, call your local health jurisdiction or the Washington State Department of Ecology at 360-236-3100.

Home Water Treatment for PFAS



A guide to reducing PFAS levels in your household tap water.

- Per- and polyfluoroalkyl substances (PFAS) are a large family of human-made chemicals used since 1940s to make many stain-resistant, water-resistant, and non-stick products. PFAS do not break down naturally, and stay in the environment for a long time.
- Some PFAS can build up in your body and, over time, may cause negative health impacts such as increased risk of kidney cancer, lower birth weights and reduced antibody response. People can be exposed to PFAS by drinking or cooking with contaminated water.
- All-home water treatment systems filter contaminants out of water, and can help reduce your exposure to PFAS in household tap water used for drinking and cooking.

PFAS Point-Of-Use Filter Options

331-713 • 6/28/2024

NSF Certified, PFAS-Reducing Water Filter Brands (Point-Of-Use)

NSF is an independent organization that sets standards for the performance of water filters and other product testing of the filters to verify they meet the criteria to be certified. For additional information about ensuring home water treatment topics, see [Home Water Treatment for PFAS 331-699 \(PDF\)](#). It's important to note that as of June 2024, do not yet indicate that a filter will remove PFAS down to the levels EPA has now set for a drinking water filter. Check the filter certifications to match EPA's new requirements. In the meantime, remain effective way to limit your exposure.

Filters listed below are not endorsed by DPH. This is not intended to be a list of every filter approved to NSF information in June 2024. Check the manufacturer website for the most current information. Do-it-yourself if someone may want a plumber's help.

Company	PFAS Filter Model	Filter Type	Filter Cost	Filter Lifespan (Replacement Schedule)	Water Flow Rate (GPM)
A.O. Smith	Clean Water Filter for Refrigerators & Freezers (A.O. Smith)	AO-FF	\$55	200 gallons or 6 months	1/2
A.O. Smith	The Clean Water Filter For Main Faucets (A.O. Smith)	AO-MF-ADV	\$116	784 gallons or 6 months	1.1
A.O. Smith	2-Stage Brushed Nickel Water Filtration System (A.O. Smith)	AO-US-200	\$149	500 gallons or 6 months	1/2

Private Wells and PFAS: Resource Guide for Common Questions

What are PFAS?

PFAS is the short name for a large family of chemicals called per- and polyfluoroalkyl substances. PFAS are sometimes called "forever chemicals" in the news. PFAS have been used in a wide range of consumer products, including:

- Stainproof carpets or furniture.
- Some outdoor clothing.
- Microwave popcorn bags.
- Some nonstick pans.
- Some firefighting foams, like aqueous film forming foams (AFFF).

Studies show PFAS are a problem because some are toxic, and they can build up in our bodies when we're exposed. PFAS can also escape consumer products and get into the environment, where they can spread easily. PFAS do not break down easily in water, soil, or air.

How do I know if there are PFAS in my water?

- Check the Washington Tracking Network to see if PFAS have been found in drinking water in your area: www.doh.wa.gov/Data-and-Statistics/reports/washington-tracking-network/web/ptas
- If PFAS have been found in drinking water near you, consider getting a PFAS water test. See a list of accredited test labs at <https://doh.wa.gov/Health/Prevention/331-700>

PFOS Fish Advisory

Lake Washington, Lake Sammamish, and Lake Meridian

Continue to eat fish. Eating fish is good for you and has important health benefits.

- Perfluorooctane sulfonate (PFOS) has been found in several fish species in Lake Washington, Lake Sammamish, and Lake Meridian. PFOS comes from a chemical family called per- and polyfluoroalkyl substances (PFAS). PFAS chemicals are sometimes called "forever chemicals" in the news. PFOS has been made since the late 1940s, and was phased out of production in the U.S. in 2002 due to health concerns.
- Having PFOS in your body can interfere with your immune system and make some vaccinations less effective and increase your risk for kidney cancer, a lower birthweight for your baby, and high cholesterol. PFOS exposure may also increase your risk for other cancers (like testicular cancer), thyroid disease, high blood pressure problems during pregnancy, and other reproductive issues.
- Your risk of developing health problems depends on how much, how often, and how long you were exposed. Age, lifestyle and overall health can impact how your body responds to PFOS exposure.



Protect your health by lowering your PFOS exposure. Guidelines on the back page to safely eat fish in Lake Washington, Lake Sammamish and Lake Meridian.

US EPA's Federal Safety Regulations

The US Environmental Protection Agency (EPA) set new drinking water safety regulations for per- and polyfluoroalkyl substances (PFAS). Sometimes, PFAS are called "forever chemicals." The new regulations include 8 new maximum contaminant levels (MCL).

- MCL (m) how much of a chemical can be in drinking water. They are enforceable.
- Starting in April 2025, federally regulated public water systems that serve at least 25 of the same people for more than 150 days per year must measure PFAS levels are lower than the MCL for the 8 types of PFAS chemicals EPA included in the list. This is calculated by using the average PFAS levels for the entire year. Water systems must keep the yearly average of each PFAS below the MCL.
- Public water systems in Washington test for PFAS at least one time every 2 years. They have to test more often if they find any PFAS.
- For more information on the MCL, visit [EPA and Polyfluoroalkyl Substances \(PFAS\) \(EPA\)](#).

Update: Impacts of Federal PFAS MCL

The US Environmental Protection Agency (EPA) set new per- and polyfluoroalkyl substances (PFAS). Sometimes, PFAS are called "forever chemicals." The new regulations include 8 new maximum contaminant levels (MCL).

The Washington State Board of Health (SBOH) has started MCLs while maintaining the current public health protection with the PFAS State Action Levels (SALs).

What is the SBOH doing about the PFAS MCL?

- Adopt an emergency rule to enforce the PFAS SALs and start an emergency rulemaking to adopt the federal PFAS rule within two years.
- Start formal rulemaking to consider adopting the MCLs into effect in 2025.

West Plains PFAS Cancer Cluster

We take cancer concerns seriously.

If you have concerns about cancer cases in your neighborhood or family, please contact us using the email or phone number on the back of this page.

Please be prepared to answer questions about the type of cancer, your age, and where you live. We may also ask about your job and smoking habits.

We will continue to monitor the situation.

- The Washington State Cancer Registry (WSCR) receives cancer information each year that we use to analyze.
- Community members added us to their home-raised livestock products for PFAS.
- Community members in East Solah and the West Plains needed to know whether their own dairy eat their meat and eggs.

Project ReHome PFAS

PFAS exposure from home-raised livestock products

When animals drink water contaminated with per- and polyfluoroalkyl substances (PFAS), they can pass PFAS to their milk, eggs, or meat. People can eat home-raised foods. This is a problem, because when PFAS is in milk for certain health conditions, including kidney cancer, it can cause a faster response to vaccines.

In December 2023, we worked with 11 households between 8 home-raised eggs and meat for 16 types of PFAS. The USDA's 8 types household had PFAS detections in their private well and private wells.

We gave participants balanced health consultations on eggs and meat.

- Individualized advice on how much of their meat or eggs to eat each week.
- Recommended steps to lower PFAS levels in their livestock.

PFAS Timeline

1938: First use of PFAS in consumer products.

1940s: PFAS used in military and industrial applications.

1950s: PFAS used in consumer products like Teflon.

1970s: PFAS used in consumer products like Teflon.

Early 2000s: PFAS used in consumer products like Teflon.

2008: PFAS used in consumer products like Teflon.

2009-2010: PFAS used in consumer products like Teflon.

2013-2015: PFAS used in consumer products like Teflon.

2016: PFAS used in consumer products like Teflon.

2017: PFAS used in consumer products like Teflon.

2018: PFAS used in consumer products like Teflon.

2020-2022: PFAS used in consumer products like Teflon.

2023: PFAS used in consumer products like Teflon.

2024: PFAS used in consumer products like Teflon.

PFAS General Website - 2024 Creative Overhaul

In this section

- PFAS V
- Health Education Library
- Steps to Lower PFAS
- Exposure: Consumer Products
- Steps to Lower PFAS
- Exposure: Household Water
- Steps to Lower PFAS
- Exposure: Food, Fish, Livestock, and Gardening
- Grants and Funding
- Assistance
- Work We're Doing with Communities
- Regulations and Laws in WA
- Resources for Healthcare Providers
- Media
- Media Resources

PFAS


Short description about PFAS and resources that can be found below.

What are PFAS?

Short description about PFAS (connected to the video's information)

Learn more about PFAS by clicking on the buttons below →

What Are PFAS?




Why are PFAS a Health Concern?

Short description about why PFAS are a health concern (connected to the video's information)

Learn more about PFAS Health Concerns →

Why are PFAS a Health Concern?



How are we exposed to PFAS?

Short description about how we are exposed to PFAS (connected to the video's information)

Learn more about Steps to Reduce PFAS Exposure below →

Steps to Lower PFAS Exposure

Picture describing the text below

Picture describing the text below

Picture describing the text below

Steps to Lower PFAS Exposure: Consumer Products

Steps to Lower PFAS Exposure: Household Water and Drinking Water

Steps to Lower PFAS Exposure: Food, Fish, Livestock, and Gardening

NEW ADDITION TO TILES
Picture describing the text below

Picture describing the text below

PFAS Health Impacts

Resources for Healthcare Providers

Picture describing the text below

Picture describing the text below

Picture describing the text below

PFAS Health Education Library

Work We're Doing With Communities

Regulations and Laws in WA

Picture describing the text below

NEW ADDITION TO TILES
Picture describing the text below
LINK TO THE WATER SYSTEMS PAGE

Picture describing the text below

Grants and Funding Assistance

Resources for Water Systems


Media

In this section

Steps to Lower PFAS Exposure: Water

Lowering Exposure From Drinking Water

PFAS Basics 3: Lo...



PFAS and Drinking Water

How do PFAS get into drinking water?

How do I know if my drinking water contains PFAS?

Graphic (Public Water System)

Public Water System

(what to do about PFAS if you rely on a public water system)

Graphic (Private Well)

Private Well

(what to do about PFAS if you rely on a public water system)

Water Filters to Remove PFAS

Graphic (POU Water Filter)

POU Water Filter

- bullet point description

Graphic (Whole House Water Filters)

Whole House Water Filters

- bullet point description


Short Term Solutions: How to Select a POU Water Filter or Bottled Water

Graphic (POU Water Filter)

POU Water Filter

- bullet point description

PFAS Basics 4: Sh...



Water Filters Disposal

How do I dispose of PFAS contaminated water filters?

Bottled Water as an Alternative

Is bottled water a good option for alternate water?

Breastfeeding and Infant Formula

Graphic (breastfeeding/infant formula)

Should I still breastfeed my baby if there are PFAS in my tap water?

Should I use my tap water to mix infant formula if there is PFAS in my water?

Pets

Advice for pets here

Bathing Advice

Graphic (bathing - shower/tub)

Can I bathe if there are PFAS in my tap water?

Laundry and Washing Dishes

Graphic (laundry and washing dishes)

Can I wash my dishes and do laundry if there are PFAS in my tap water?

Learn More about Lowering PFAS Exposure

Picture describing the text below

Picture describing the text below

Sup Bucket: Lowering Your Exposure, DOH Testing Dashboard link, testing - bathing advice - Call and ask your municipal solid waste about disposal of filters

Include common misconception that boiling water does not remove PFAS

In this section

Steps to Lower PFAS Exposure: Consumer Products

Safer Products for Washington

Description of Safer Products for Washington

Learn more about PFAS Regulations and Laws in WA →

PFAS Video #5

PFAS Basics 5: Washington State's Response to PFAS Exposure from Consumer Products

Household Products

Introduction to the videos

Learn more about PFAS exposure through household products below →

PFAS Video #6

PFAS Basics 6: Lowering your exposure to PFAS in household products, Pt. 1

PFAS Video #7

Video 7: Lowering your exposure to PFAS in household products, Pt. 2

Cleaning Recommendations

Graphic (Cleaning) How can I reduce my exposure to PFAS with cleaning practices?

Carpets and Rugs

Graphic (carpets and rugs) What about PFAS in carpets and rugs?

After-market Sprays and Treatments

Graphic (after-market sprays) Are there PFAS in after-market sprays and treatments? How do I navigate lowering my exposure?

Non-stick Cookware

Graphic (nonstick cookware) State ban on PFAS in nonstick cookware

Clothing

Graphic (clothing) How do I navigate PFAS in clothing?

Personal Care Products

Graphic (personal care products) State ban on PFAS in personal care products

Food Contact Paper

Graphic (food contact paper) State ban on PFAS in food contact paper

Firefighting Foam

Graphic (firefighting foam) State ban on PFAS in firefighting foam

Learn More about Lowering PFAS Exposure

Picture describing the text below

Picture describing the text below

Household Water

Food, Fish, Livestock, and Gardening

Side menu with pages to click (Contaminants, Arsenic, Art Hazards, Asbestos, etc.)

Side menu with pages to click (Contaminants, Arsenic, Art Hazards, Asbestos, etc.)