

## How do I test my water for PFAS?

If you are concerned about PFAS in your drinking water, one lab ([www.anateklabs.com](http://www.anateklabs.com)) in Idaho is currently approved by the EPA to test for PFAS. Additional laboratories can be found on EPA's list of laboratories. It is important to tell the lab you want to test your drinking water for PFAS. The cost ranges from \$300 to over \$500 per sample. If PFAS are detected in your water, please contact us for support, guidance, and next steps.

## What can I do to reduce the PFAS in my water?

If PFAS are detected in your drinking water, you should consider other sources of water for drinking, cooking, and mixing with baby formula. PFAS are not removed by heating or boiling water. You can treat your water at home with a National Sanitation Foundation (NSF)-certified "point of use" treatment system designed to remove PFAS. If you are concerned about your health, contact your healthcare provider. Tips for discussing PFAS concerns with your healthcare provider are at: [www.atsdr.cdc.gov/pfas/docs/Talking\\_to\\_Doctor.pdf](http://www.atsdr.cdc.gov/pfas/docs/Talking_to_Doctor.pdf).

To learn more about PFAS, visit the link below or scan the QR code

[healthandwelfare.idaho.gov/health-wellness/environmental-health/and-polyfluoroalkyl-substances-pfas](http://healthandwelfare.idaho.gov/health-wellness/environmental-health/and-polyfluoroalkyl-substances-pfas)



## IDAHO DEPARTMENT OF WATER RESOURCES

### LICENSED WELL DRILLERS

[research.idwr.idaho.gov/apps/wellconstruction/Licwelldrillers/](http://research.idwr.idaho.gov/apps/wellconstruction/Licwelldrillers/)

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Boise: 208-287-4800; [www.idwr.idaho.gov](http://www.idwr.idaho.gov)  
Northern Region, Coeur d'Alene: 208-762-2800  
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Bureau of Environmental Health and Communicable Diseases - 1-800-445-8647

[environmentalhealth.dhw.idaho.gov](mailto:environmentalhealth.dhw.idaho.gov)  
email: [EH@dhw.idaho.gov](mailto:EH@dhw.idaho.gov)

Idaho Bureau of Laboratories - 208-334-2235  
[www.statelab.idaho.gov](http://www.statelab.idaho.gov)

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### NSF INTERNATIONAL

Consumer Hotline 1-800-673-8010  
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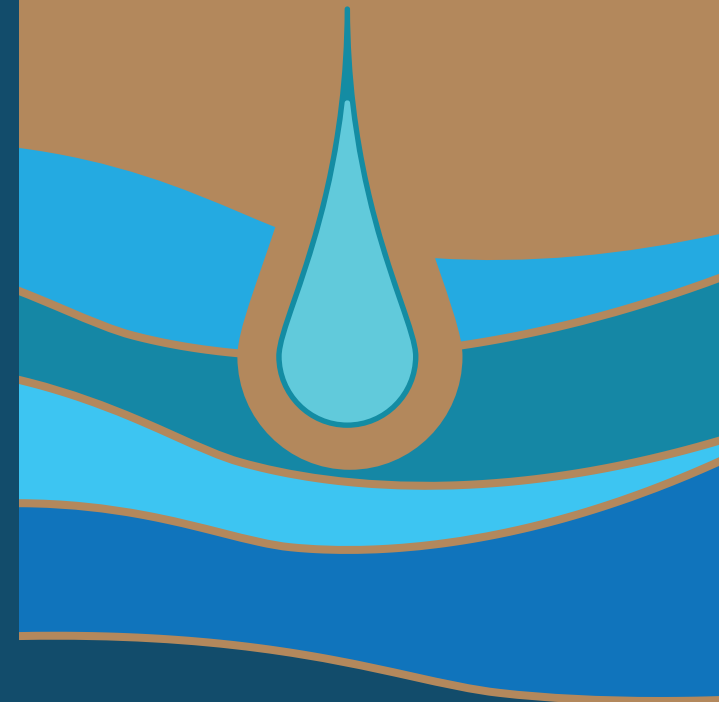
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# Per- and Polyfluoroalkyl Substances (PFAS) —IN— DRINKING WATER

Tips to Protect Your Drinking Water



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**  
DIVISION OF PUBLIC HEALTH

Ground water is the source of drinking water for approximately 95% of Idahoans. About one-third of this drinking water is accessed through domestic or private wells. Private wells can provide a clean, safe source of water if they are properly located, built, tested, and maintained. This brochure provides information on PFAS in your well water.

### What are PFAS?

PFAS are a group of man-made chemicals widely used in consumer and industrial products since the 1940s. These long-lasting chemicals break down very slowly and remain in the environment. Because of past widespread use and persistence in the environment, PFAS are found in the blood of humans and animals.

### What products might use PFAS?

PFAS resist heat, staining, oil, grease, and water. PFAS are being phased out of use in new products, but exist in many products that are often in use for years. Products that might contain PFAS are:

- Waterproof and water-resistant clothing
- Food packaging
- Stain resistant fabrics and carpets
- Non-stick cooking supplies
- Cleaning supplies
- Firefighting foam

### How can I be exposed to PFAS?

PFAS are found in water, air, food, and soil across the globe. Common sources of PFAS are related to their presence in the environment:

- Drinking water: PFAS has leaked into ground water (drinking water) from products that contain PFAS.

- Food: PFAS are used in packaging material and can be found in food grown or raised near places that used or made PFAS and fish from contaminated water.
- Soil: PFAS-contaminated soil and dust can be accidentally swallowed.

### What are the health concerns?

PFAS can build up in people that have been repeatedly exposed. Research is ongoing and we are still learning about the impact of PFAS on health. According to the Agency for Toxic Substances and Disease Registry (ATSDR) research suggests high levels of exposure may lead to the following health effects:

- Decreased fertility
- Increased risk of high blood pressure or preeclampsia in pregnant people
- Small decreases in infant birth weights
- Decreased vaccine response in children
- Increased cholesterol levels
- Changes in liver enzymes
- Liver damage
- Increased risk of prostate, kidney, or testicular cancers

### PFAS in drinking water

The United States Environmental Protection Agency (EPA) states PFAS in drinking water can be harmful and published advisory levels for perfluorooctanoic acid (PFOA),

perfluorooctane sulfonic acid (PFOS), perfluorobutane sulfonate (PFBS), and hexafluoropropylene oxide-dimer acid (HFPO-D) (GenX). Advisory levels are based on protecting the most sensitive people, such as children and pregnant people, from exposure to PFAS in drinking water.

PFAS are not currently regulated by the EPA, but regulations are expected soon. With assistance from the Idaho Department of Environmental Quality (DEQ) many regulated water systems have begun to voluntarily test for PFAS, but private well owners need to have their water tested to know if it contains PFAS.

### EPA Proposed Drinking Water Standards

Compound	Proposed *MCLG	Proposed **MCL
PFOA	Zero	4.0 parts per trillion (ng/L)
PFOS	Zero	4.0 ppt (ng/L)
PFNA	1.0 (unitless) Hazard Index	1.0 (unitless) Hazard Index
PFHxS		
PFBS		
HFPO-DA (GENX Chemicals)		

\*MCLG – Maximum Contaminant Level Goal

\*\*MCL – Maximum Contaminant Level