

## Key Points

1. PFAS chemicals have been found in some drinking water systems across the United States.
2. Families are concerned that exposure to PFAS could impact health and are requesting blood testing to measure PFAS levels in their child.
3. While blood testing is not recommended, there are simple steps to reduce exposure to PFAS.

## What are PFAS chemicals?

PFAS (perfluoroalkyl & polyfluoroalkyl substances) are a group of human-made chemicals used in many products. These chemicals can get into water supplies, including public water systems & private water wells.

These chemicals enter the body through eating and drinking. They can remain in the body and the environment for many years, sometimes even decades. All people in the United States have at least some level of these chemicals in their body.

## How can PFAS impact my family's health?

The level of PFAS in some drinking water is higher than what the government recommends. Scientists are still learning how these chemicals could affect the health of people who drink this water. Some studies show a possible connection between PFAS exposure and certain health effects, such as higher cholesterol.

### For more information on PFAS:

Learn more about [PFAS](#) from the Agency for Toxic Substances and Disease Registry

[Mid-Atlantic Pediatric Environmental Health](#)

We do not recommend routine testing of children for PFAS. Although PFAS can be measured in blood, the results do not help doctors make medical decisions or predict future health effects.

If you do want to have your child tested for PFAS, testing is usually not available at commercial or clinical laboratories. At [labs that offer PFAS testing](#), insurance usually does not cover the expense of testing, which can range between \$500-800 dollars.

## What can I do to reduce my exposure to PFAS?

There is no treatment to remove PFAS from the body. This means that reducing future exposure is important. Here are a few simple steps you can take to reduce your exposure to PFAS

- Cut back on carryout: PFAS coats paper and cardboard food containers.
- Skip microwavable popcorn bags, as they are coated with PFAS.
- Consider replacing nonstick ("teflon") pots, pans, and utensils (especially those that are cracked or chipped), and choose safer alternatives for cooking such as stainless steel and iron.
- Do not use optional stain-repellant treatments on furnishings.
- If your water system has high levels of PFAS: use an alternative water source (or a filter [certified to remove PFAS](#)) until the water system has taken steps to reduce PFAS.
- Learn more here: [www.ewg.org/avoidpfas](http://www.ewg.org/avoidpfas)