

PFAS and Your Health: A Resource for Tribal Communities



"Drinking water at a side-street water tap"
Johannes Roesler, CCBY 2.0



"Fish management Celilo falls"
Columbia River Inter-Tribal Fish Commission



USDA Lance Cheung
PD 1.0

What are PFAS?

Why are they a concern for our health?

PFAS (per- and polyfluoroalkyl substances) are a class of chemicals that are used to make consumer products to make them nonstick, waterproof, and stain-resistant. They are found in carpets and upholstery, waterproof apparel, non-stick cookware, grease-proof food packaging, and even dental floss. They are also used in many industrial processes and in firefighting foams for putting out fuel fires.

Recent studies show that almost everyone has some amount of PFAS in their blood.

There is still a lot that is unknown concerning PFAS but there are numerous health effects and unknown sources where contamination can occur.

More info on PFAS: www.pfas-exchange.org

Tribal PFAS Working Group:
itep.nau.edu/ntwc/pfas-working-group/

Studies have linked exposure to PFAS in human studies with:

- High cholesterol
- Ulcerative colitis
- Cancer (testicular, kidney)
- Preeclampsia
- Liver damage
- Thyroid disease
- Decreased vaccine response
- Asthma
- Decreased fertility
- Lower birth weight

Studies have linked exposure to PFAS in animal studies with:

- Cancer (liver, kidney, pancreatic)
- Liver damage
- Delayed mammary gland development
- Developmental problems
- Effects on brain developments
- Immune system effects



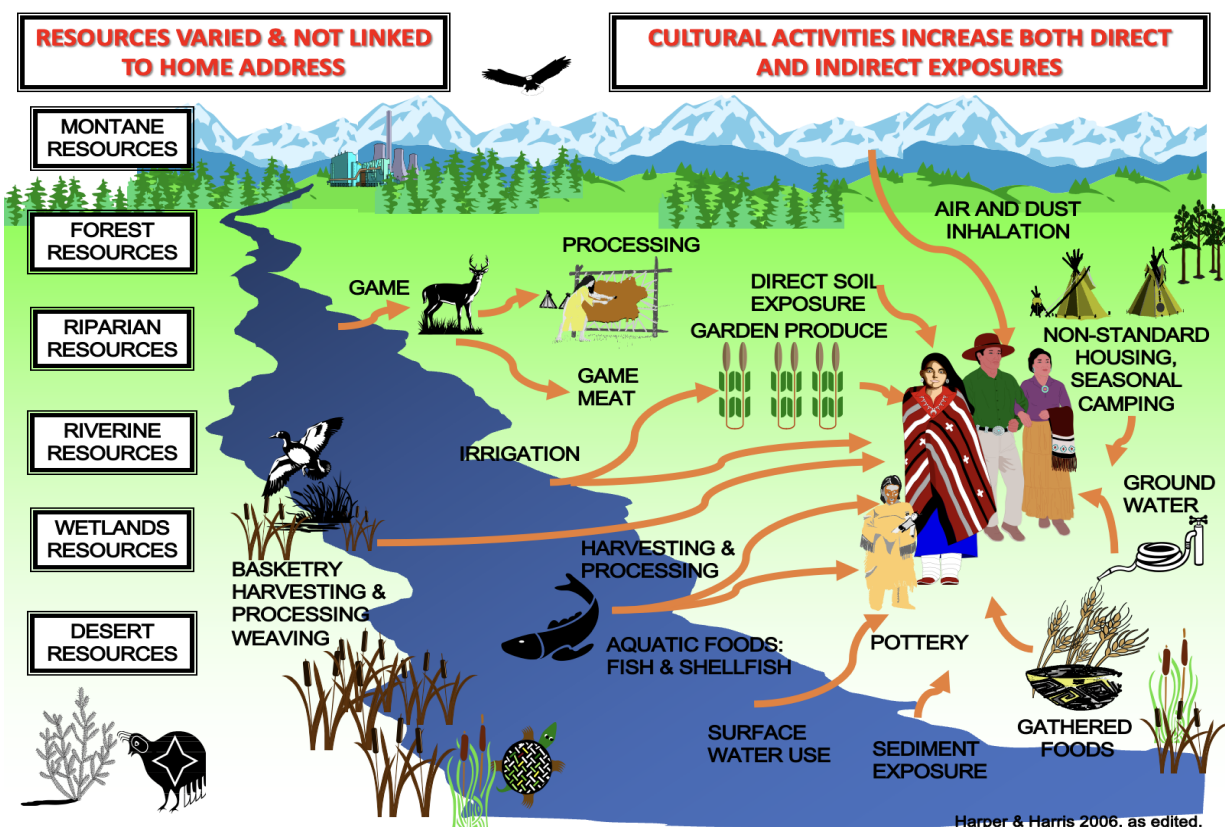
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PFAS Exposure and Exposure Prevention



In your personal life:

- ✓ Avoid stain-resistant carpets, upholstery, as well as stain-resistant treatments, and waterproofing sprays.
- ✓ Avoid products with the ingredient PTFE or other "fluoro" ingredients listed on the label.
- ✓ Choose cookware made of cast iron, stainless steel, glass, or enamel instead of Teflon.
- ✓ Consider filtering your drinking water with an activated carbon or reverse osmosis filtration system.
- ✓ Eat more fresh foods to avoid take-out containers and other food packaging.
- ✓ Avoid microwave popcorn and greasy foods wrapped in paper. Look for nylon or silk dental floss that is uncoated or coated in natural wax.

In your community:

- ✓ Tell retailers and manufacturers you want products made without PFAS. Urge your local water utility to test for PFAS.
- ✓ Ask your local health department or an agency such as CDC, ATSDR, or Indian Health Service to set up a water and blood testing programs.
- ✓ Encourage your Tribe to create health-protective drinking water limits for PFAS.
- ✓ Ask your Tribal governmental officials about restrictions on PFAS in consumer products and remediation of contaminated sites.
- ✓ Watch out for advisories on PFAS contamination in your local area. Consider staying away from areas with known PFAS contamination.



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