

# Reducing Your Exposure to Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)

**EPA has developed a lifetime health advisory for perfluorooctane sulfonic acid (PFOS) and perfluorooctanoic acid (PFOA) in drinking water. If the amount of PFAS in your water is over the lifetime health advisory level, you can take steps to lower your exposure.**



- EPA's lifetime health advisory for PFOA and PFOS provides a guideline to protect everyone from these PFAS in drinking water, including the most sensitive populations (unborn babies and nursing infants) from levels of exposure that can harm health.
- The lifetime health advisory applies to someone who drinks water containing PFOA and PFOS every day over a lifetime, not over just a few weeks, months, or years.
- The EPA lifetime health advisory for PFOS and PFOA is 70 parts per trillion (ppt) in drinking water, either individually or combined.
- You can use this lifetime health advisory level to check water test results. If PFOS and/or PFOA levels in your drinking water are over 70 ppt, consider using a different water source (like bottled water). Use the alternate water source for any purpose that involves swallowing water. (See below)
- Some states have derived their own drinking water guidelines for PFAS.
- Although we only have drinking water guidance values for a small number of PFAS right now, more may become available in the future. Current drinking water guidance values may be revised as the science progresses.

## How can I lower my exposure to PFAS?

PFAS are present at low levels in some food products and in the environment (air, water, soil etc.), so you probably cannot prevent PFAS exposure altogether. However, if you live near known sources of PFAS contamination, you can take steps to reduce your risk of exposure.

- If your drinking water contains PFOA and PFOS above the EPA Lifetime Health Advisory, consider using an alternative or treated water source for any activity in which you might swallow water:
  - » Drinking,
  - » Food preparation,
  - » Cooking,
  - » Brushing teeth, and
  - » Preparing infant formula.
- Check for fish advisories for water bodies where you fish.
  - » Follow fish advisories that tell people to stop or limit eating fish from waters contaminated with PFAS or other compounds.
  - » Research has shown the benefits of eating fish, so continue to eat fish from safe sources as part of your healthy diet.
- Read consumer product labels and avoid using those with PFAS.



**PFOS** – Perfluorooctane Sulfonic Acid

**PFOA** - Perfluorooctanoic Acid

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