



## PERFLUORINATED COMPOUNDS

### WHAT ARE PFOS AND PFOA?

- Perfluorooctane Sulfonate (PFOS) and Perfluorooctanoic Acid (PFOA) are both Perfluorinated Compounds (PFCs) and have similar properties
  - Man-made compounds with multiple carbon-fluorine bonds
  - Break down very slowly, which makes them useful for many home and industrial purposes, but also long-lasting in the environment
- Used since the 1950s in many products because of their stain and water repellent properties
  - Fire-fighting foam
  - Stains, paints, and grease
  - Fabric for upholstered furniture
  - Carpets
  - Nonstick cookware
  - Floor wax
  - Food packaging (e.g., lining of microwave popcorn bags, fast food wrappers)
- Now, widely distributed in the environment and have been detected in the blood of humans, wildlife, and fish
- US Environmental Protection Agency (EPA) continues to investigate and work to eliminate sources.

## HEALTH EFFECTS

### What We Know Now

- Exposure at or above the US Environmental Protection Agency provisional health advisory level (PHA) does not mean you will get sick
- Studies on exposed human populations indicate PFOS and/or PFOA may cause elevated cholesterol levels and possibly low infant birth weight
- When animals are given large doses, they exhibit developmental, reproductive and liver effects. Other studies suggest a link with certain cancers
- There are no medical treatments to remove PFOS and PFOA from the body

### What We Don't Know

- Health effects from exposure to low levels of PFOS and PFOA are not well known and studies are continuing
- Currently, there is no known link between specific levels of PFOS and PFOA in water and an individual's health issues
- Blood tests are not currently recommended because studies have shown they do not predict health effects or explain how/where exposure occurred
- Health effects are still being investigated by EPA

### Managing your Health Concerns

- Use an alternate water source for drinking water and cooking to minimize your exposure at NALF Fentress
- Discuss your individual concerns with your healthcare provider

Navy Region Mid-Atlantic Drinking Water website  
<http://1.usa.gov/1QbwtwN>

EPA Emerging Contaminants Fact Sheet  
<http://1.usa.gov/1QbweBl>

Drinking water produced at NALF Fentress meets all Federal and State Requirements.  
Navy PFC testing and response goes beyond these requirements to protect our sailors and civilians.