

**Sample ID:** PF0378  
**Date Received:** 2/6/2020  
**Date Extracted:** 2/12/2020  
**Date Analyzed:** 2/14/2020

**Address Tested:**  
 17841 Rosecroft Rd  
 Lexington Park, MD 20653

Dear Patrick,

Your water sample was analyzed following the EPA Method 537 Revision 1.1 for 14 perfluoroalkyl substances (PFAS). The Minimum Reporting Level (MRL) was determined to be 2 ppt (parts per trillion). Any resulting value below the MRL is reported as Below Reporting Limit (BRL).

### Results:

Analyte	Concentration (ppt)
PFOA	21.7
PFOS	1544.4
PFBS	38.5
PFHxA	7.1
PFHpA	4.0
PFHxS	13.5
PFNA	131.6
PFDA	90.0
PFUnA	27.9
N-MeFOSAA	4.5
N-EtFOSAA	8.8
PFDoA	2.4
PFTTrDA	BRL
PFTA	BRL
<b>Total PFAS</b>	<b>1894.3</b>

### What Levels are Safe?

Currently, there is no enforceable federal drinking water standard for PFAS issued by the U.S. Environmental Protection Agency (EPA). The EPA has issued a health advisory for protecting human health over a lifetime exposure to PFAS at 70 ppt for PFOA and PFOS combined, however, this is an advisory and not enforceable. Another federal agency, the Agency for Toxic Substances and Disease Registry, part of the U.S. Department of Health and Human Services, recently released a report finding safe levels of PFAS chemicals to be up to 10-times lower than the EPA's levels for human health.

## What Can You Do at Home?

Some of the ways to reduce PFAS exposure in the short term is to implement a water filtration system in your home and to reduce your use of PFAS-containing products on a day-to-day basis.

NSF International tests and certifies water filters to ensure that the filter is able to reduce PFOA/PFOS (currently the most studied forms) to below 70 ppt. A list of these certified filters can be found at the web address below. This list is updated frequently as more products are tested for certification. <http://info.nsf.org/Certified/DWTU/> It is essential that the filter be replaced periodically, following the manufacturer's instructions, in order for the filter to properly reduce PFOA/PFOS in your water.

Although PFOA and PFOS are no longer produced or imported in the United States, structurally similar PFAS compounds are not banned from production in the US because their health effects have not been adequately assessed despite evidence that suggests that they may be just as toxic. The Environmental Working Group (EWG) suggests the following ways to avoid PFAS chemicals:

- Avoid buying fabrics treated with nonstick chemicals such as:
  - Teflon
  - Scotchgard
  - Stainmaster
  - Polartec
  - Gore-tex
- Use stainless steel and cast-iron cookware
- Skip optional stain-repellant treatment on new carpets and furniture
- Eat less fast food and skip the microwave popcorn

You can find more PFAS resources from EWG by following this link:

<https://www.ewg.org/key-issues/toxics/nonstick-chemicals>

In order to reduce PFAS exposure in the long-term, it is important that you reach out to your state's Department of Environmental Quality to notify them of your results and concerns.

## What You Can Do to Increase Protections

In addition to programs such as this to protect you in your home, our vision is to have a strong and effective community working to protect and restore the Great Lakes and its many waters by involving residents in civic decision-making. As we learn more about what needs to be done to protect community members from PFAS exposure, we will organize ourselves to educate decision makers and ask for changes. As part of this testing program, we let you know when there are strategic times you can reach out to these decision makers too, making our collective voices stronger for change. Stay tuned!

## Who to contact (Michigan Residents):

### **State of Michigan Environmental Assistance Center**

800-662-9278

[deq-assist@michigan.gov](mailto:deq-assist@michigan.gov)

### **Michigan Department of Health and Human Services Toxicology Hotline**

800-648-6942

### **For reference to a certified lab, please contact us at:**

(231) 348-8200

[info@freshwaterfuture.org](mailto:info@freshwaterfuture.org)