

What is PFAS?

Per and Polyfluoroalkyl Substance (PFAS) are manufactured chemicals that repel heat, water and stains. PFAS are also known as "forever chemicals". Because PFAS are used in many industries and found in many locations, they often end up in drinking water - both city water and private wells.



Common sources of PFAS include:

- Personal Care Products
- Food Packaging Materials
- Firefighting Foam
- Water Resistant Clothing
- Stain Resistant Carpet
- Nonstick Cookware

How do I find out about PFAS in my water?

Check with your local Board of Health about requirements for testing your private well. Plan to test your well at least once a year.

If your well is located within two miles of a known source of PFAS, or of other water supplies where PFAS has been detected, you may want to sample your well.

Private Drinking Wells? Get Tested!

Contact laboratories that have been certified by MassDEP to test for PFAS in drinking water.

<https://tinyurl.com/pfas-in-well-water>

PFAS Exposure and Health

Knowledge about the effect of PFAS on the human body is evolving over time, but research has shown evidence to support a number of health effects after long-term exposure, including:

Adults

PFAS May:

- Raise cholesterol levels
- Suppress immune system & vaccine response
- Increase thyroid disease
- Effect liver function
- Alter metabolism

Pregnancy

PFAS May:

- Increase blood pressure or risk of pre-eclampsia
- Reduce growth and development of the fetus with potential for long-term health effects

Infant & Children

PFAS May:

- Disrupt immune system development
- Effect overall growth, learning, and development
- Increase risk of childhood obesity

Breast Milk

Infants may be exposed to PFAS from breastmilk.

However, recent research has shown that the benefits of breastfeeding outweigh the risk of possible exposure.

