1. How do I know if there is PFAS contamination in my community?

When PFAS contamination is found, your state environmental and health agencies, as well as local officials, may provide information about the site, treatment efforts underway, risks of exposure, and actions that should be taken to minimize health effects.

For PFAS in drinking water, the agencies can provide you with details about your specific water provider and the source(s) it uses to supply its customers with drinking water, as well as which standards apply in your state. Private well owners near a suspected source may conduct their own testing. Consult with the U.S. Environmental Protection Agency (EPA) and your state environmental and health agencies for assistance.

Please visit your state environmental and health agency websites for:

- Town meeting dates/times;
- Telephone hotlines;
- Press releases;
- Social media and email subscription information for updates; and
- “Do not drink” or “do not use” drinking water advisories;
- To learn more about how you can stay informed of PFAS in your community.

2. Do I need to see a doctor if I think I have come in contact with PFAS?

Most people in the U.S. have one or more specific PFAS in their blood, and most health impacts associated with PFAS are also linked to other causes.

If you may have been exposed to PFAS and are concerned about your health, speak to your doctor. However, test results will only tell you and your healthcare provider if you have been exposed to PFAS. Laboratory blood test results cannot tell you if PFAS exposure has caused an existing health condition or if you are at risk of developing a PFAS-related health condition in the future. Most people in the U.S. have one or more specific PFAS in their blood, and most health impacts associated with PFAS are also linked to other causes. Therefore, it is difficult to link current health issues with PFAS exposure.

To learn more about how to talk to your doctor if exposure is suspected, visit the Agency for Toxic Substances and Disease Registry (ATSDR) factsheet titled “Talking to your Doctor About Exposure to PFAS.”
3. Are my pets or livestock at risk?

PFAS can be present in animals like they are in humans.

PFAS can be found in:
- Dairy milk
- Fish tissue
- Deer meat
- Other animal or plant food products

If your state issues a “do not drink” advisory, your pets and livestock should also refrain from drinking the water to minimize risk of exposure. PFAS have been linked to biosolids applied on agricultural property and land or water used for livestock grazing. Therefore, PFAS can be found in dairy milk, fish tissue, deer meat, and other animal or plant food products. To learn more, visit Michigan’s Pet and Livestock health webpage.

4. Is there anything else I should know?

Drinking water from your tap continues to be as safe as, or safer than, bottled water, and breastfeeding continues to be the safest and best form of infant feeding. Unless otherwise notified, continue to use drinking water from your tap.

[For States] More specific information for communities based upon the source and contamination present

Forums for dissemination of information:
- Press releases and advisories (i.e., informational, “do not eat,” “do not drink,” “do not use”)
- Town meetings
- Lists of approved labs and details on where and how to test samples
- TV and radio notices, blogs, and print media interviews using maps and graphics
- Public hotline
- Email updates (weekly at first, then monthly)

Important considerations:
- Two-way communication and coordination with all stakeholders (i.e., coordinate with water utilities and businesses, partner with other state agencies, work closely with trusted local town officials, and communicate with Congress and legislatures, U.S. Air Force bases, state bar associations, realtor’s associations, and others with legal responsibility so that they are prepared to answer questions and respond to the incident)
- A platform for the community to provide feedback. Communities are heterogeneous and people receive information in different forms, so you should employ more than one mode of communication.