

PUBLIC NOTICE

****IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER****

Ascutney Fire District 2 Community Water System, WSID#VT0005339

New EPA health advisories for PFOA and PFOS

This notice is to give you information about the new health advisory levels issued by the U.S. Environmental Protection Agency (EPA) for PFOA (perfluorooctanoic acid) and PFOS (perfluorooctane sulfonic acid) in drinking water. It describes what is known so that you can make informed decisions about how to use your water.

Your system has detections of PFOA/PFOS.

The Vermont drinking water standard for the combination of five perfluoroalkyl and polyfluoroalkyl substances (PFAS), including PFOA, PFOS, PFHxS (perfluorohexane sulfonic acid), PFHpA (perfluoroheptanoic acid) and PFNA (perfluorononanoic acid) is 20 parts per trillion (ppt). That means the sum of the five PFAS levels must not exceed 20 ppt in your drinking water or the water system would have been required to notify you and address PFAS in the water.

Attached to this notice is the sampling history for your public water system. While levels detected in your water system are below the state drinking water standard, new EPA health advisories mean health effects could occur at levels close to zero. The EPA lowered the health advisory level for PFOA to 0.004 ppt and PFOS to 0.02 ppt. These levels are below what can be detected in water using current technologies.

What are PFAS?

PFAS are a group of human-made chemicals – including PFOA and PFOS – that have been in use since the 1940s. PFAS are (or have been) found in a wide variety of consumer products and as an ingredient in firefighting foam. PFAS manufacturing and processing facilities, airports, and military installations are some of the contributors of PFAS releases into the air, soil and water.

Because of their widespread use, most people, fish and wildlife have been exposed to PFAS. Some PFAS do not break down easily and therefore stay in the environment for a very long time, especially in water. There is evidence that exposure to certain PFAS is associated with negative health effects.

What are the health effects of exposure to PFAS?

Health risks depend on the specific chemical you are exposed to, how much of the chemical you are exposed to, length of exposure, and during which life stage(s) you are exposed. Some populations are especially sensitive to PFOA and PFOS including babies, children who are developing, and people who are pregnant or might become pregnant. The lower your exposure to PFAS, the lower your risk of negative health outcomes. Exposure to PFAS may result in a wide range of negative health outcomes, including:

- developmental effects including to fetuses after exposure during pregnancy or postnatal development (for example, decreased birth weight, accelerated puberty, skeletal variations, development of the immune system)
- cancer (for example, testicular, kidney)
- liver effects
- immune effects (for example, decreased antibody response to vaccination, decreased immune response)

- thyroid effects and other effects (for example, cholesterol changes)

What is being done?

- Ongoing sampling is being conducted at the Ascutney Fire District 2 Community Water System.
- PFOA and PFOS detections are reported annually in the Consumer Confidence Report for community drinking water systems.
- PFAS sample data is available in real time at: <https://anrweb.vt.gov/DEC/DWGWP/SearchWS.aspx>
- Specific Actions being taken by the water system are:

What could I do?

- The Health Department recommends that you continue to breastfeed your baby, as there are many benefits of breastfeeding.
- If you want to reduce your exposure, you can use bottled water for drinking, making baby formula, cooking, or making ice cubes.
 - Vermont has tested some brands of bottled water, which you can find on the Department of Environmental Conservation's website at: dec.vermont.gov/pfas.
- You can install a home or point-of-use filter to reduce your exposure.
 - Water filters that meet NSF/ANSI certification 53 or 58 have been proven to reduce PFOA and PFOS concentrations in drinking water to below the previous EPA health advisory of 70 ppt, but have not been tested to reduce PFAS to the new EPA advisories. Current research shows that reverse osmosis systems that have been certified by NSF/ANSI standard 58 and carbon filters that meet NSF/ANSI standard 53 are most effective.
- You can use the water for bathing, brushing teeth, washing dishes, and watering your garden.
- If you have specific health concerns, contact your doctor or health care professional.
- Boiling, freezing or letting water stand does not reduce PFAS levels.

For more information, please contact

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If you would like to contact a state official regarding the PFAS Health Advisory or to request a translation of this notice at no cost to you, contact Agency of Natural Resources PFAS information line: 802-693-0206 or email ANR.DWPFASInfo@vermont.gov.

Additional PFAS information is available on the Agency of Natural Resources website:

<https://dec.vermont.gov/pfas>