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**How to Reduce Your Exposure to Perfluorochemicals**  
June 24, 2015

Families can reduce their exposure to perfluorochemicals (PFCs) by limiting their use of consumer products that may contain PFCs. These include:

- Greasy or oily food that comes packaged in material that may use PFC-containing grease repellent linings, such as microwave popcorn bags, fast food containers, and pizza boxes.
- Use of stain-resistant sprays that may contain PFCs on furniture, carpets, and clothing.
- Use of other products with the words “fluoro” or “perfluoro” in their ingredients list.

Additionally, because PFCs can easily contaminate ground water, residents with drinking water supplied by private wells can have their water tested for PFCs if there is suspicion for PFC contamination. Residents with private wells contaminated by perfluorooctane sulfonic acid (PFOS) and perfluorooctanoic acid (PFOA) above the U.S. Environmental Protection Agency’s (EPA’s) Provisional Health Advisory (PHA) levels should find an alternate source of drinking water or install point-of-use treatment devices to filter their tap water.

To reduce PFC exposure through drinking water, we recommend the following:

- **Test private wells:** To see a list of labs that have been approved for testing under the Unregulated Contaminant Monitoring Rule (UCMR) using EPA Method 537, visit <http://water.epa.gov/lawsregs/rulesregs/sdwa/ucmr/ucmr3/upload/lablist.pdf>
- **Reduce PFCs in your water:** Filters containing activated carbon or reverse osmosis membranes have been shown to be effective at reducing PFCs in water supplies:
  - A list of treatment devices tested for PFC removal by the Minnesota Department of Health has been provided: <http://www.health.state.mn.us/divs/eh/wells/waterquality/poudevicefinalsummary.pdf>
  - New Hampshire Department of Environmental Services (DES) also has general information about water treatment devices: <http://des.nh.gov/organization/commissioner/pip/factsheets/dwgb/documents/dwgb-2-5.pdf>
  - It is recommended that consumers check with the manufacturer of any device before purchase to determine the effectiveness of the device at filtering PFCs.
  - The DES Drinking Water and Groundwater Bureau are available to discuss the public’s concerns about water treatment options and can be reached at (603) 271-2513 or [dwgbinfo@des.nh.gov](mailto:dwgbinfo@des.nh.gov).