

PFAS Additional Information

CITY ACTIONS TO PROTECT WATER QUALITY

Testing the water supply: Staff will test and monitor water quality in compliance with state and federal requirements to ensure a safe water supply.

Evaluating treatment options: Staff will work with water quality engineers to evaluate cost effective treatment options to remove PFAS from the water.

Finding long-term solutions: The city is working with consultants to investigate potential sources of PFAS and the extent of PFAS in the local groundwater supply.

Planning for the future: Future costs for PFAS treatment will be included in the city's long-range capital plan.

Reducing costs: The city is pursuing federal and state grants and loans to reduce the impact to ratepayers.

Sharing information: Up-to-date information about PFAS and test results are being shared with all customers and the community, so everyone can make informed decisions.

POTENTIAL HEALTH IMPACTS

Scientists and public agencies are still studying how PFAS affect people's health and health advice is updated as new science becomes available. Some people who drink water containing PFOA or PFOS in excess of healthy levels over many years may experience problems with their cholesterol, liver, thyroid or immune system; have high blood pressure during pregnancy; have babies with lower birthweights; and be at higher risk of getting certain types of cancers.

WAYS TO REDUCE EXPOSURE

The Oregon Health Authority recommends the following:

- Learn about PFAS and steps you can take to reduce your exposure at www.epa.gov/pfas/meaningful-and-achievable-steps-you-can-take-reduce-your-risk
- If you are pregnant, breastfeeding or mixing infant formula with tap water, use an alternative source for drinking or mixing infant formula or install home water treatment that is certified to lower the levels of PFAS in your water.
- Boiling water will not reduce PFAS levels.
- If you are concerned about potential health effects from exposure to PFAS, contact a doctor or health care professional.

For additional information on PFAS or potential ways to reduce PFAS levels at home, refer to the following links:

- www.epa.gov/system/files/documents/2024-04/pfas-npdwr_fact-sheet_general_4.9.24v1.pdf
- www.epa.gov/system/files/documents/2024-04/water-filter-fact-sheet.pdf

KEEPING THE COMMUNITY INFORMED

The city is committed to keeping the community informed. We will continue to share actions the city is taking to keep your water safe and provide updates as we learn more about treatment options and receive updates from federal and state authorities. Timely information and PFAS sampling results will be posted at cityofMilwaukie.us/pfasresults. The annual Water Quality Report is another way you can learn about the quality of the city's water and PFAS updates.

EVOLVING SCIENCE & REGULATIONS

There are thousands of types of PFAS, and public health agencies and scientists are still studying how long-term exposure to PFAS may affect people's health. As reported by Environmental Protection Agency (EPA), current scientific research suggests that exposure to high levels of certain PFAS may lead to adverse health outcomes.

There is a lot that we do not yet know but as the science evolves so do our drinking water standards.

- In 2021, the Oregon State Board of Health adopted new State Action Levels for PFAS in drinking water that set conservative levels at which experts say no adverse effects are expected over a lifetime of drinking the water, even in sensitive populations. The state also requires additional sampling when results are above the State Action Level. The State Action Level does not establish a requirement for PFAS treatment at this time.
- In 2023, EPA proposed a National Primary Drinking Water Regulation for six types of PFAS known to occur in drinking water. The proposed rule does not require any action until finalized, but if approved would set enforceable levels of PFAS in drinking water and require public water systems to monitor for these PFAS, notify the public of the levels of these PFAS, and reduce the levels of these PFAS in drinking water if they exceed the proposed standards.

PUBLIC HEALTH RESOURCES

PFAS are present in many everyday household materials including non-stick cookware, food packaging, clothing, and furniture. Minimizing exposure to PFAS will require ongoing reductions of sources of PFAS in our daily environment. If you are concerned about potential health effects from exposure to PFAS, please contact your doctor or health care professional.

Environmental Protection Agency (EPA)

[Meaningful and Achievable Steps You Can Take to Reduce Your Risk](#)

[Learn about certified in-home water treatment filters](#)

Oregon State Department of Health

PFAS FAQ - www.oregon.gov/oha/ph/healthyenvironments/healthyneighborhoods/toxicsubstances/pages/pfas.aspx

Oregon State Department of Environmental Quality

www.oregon.gov/deq/Hazards-and-Cleanup/ToxicReduction/Pages/PFAS-in-Oregon.aspx

Agency for Toxic Substances and Disease Registry

[PFAS and Your Health](#)

REDUCING EXPOSURE

Learn about PFAS and the steps you can take to reduce your exposure to PFAS in drinking water, while we evaluate options - [Meaningful and Achievable Steps You Can Take to Reduce Your Risk](#)

- For those who are pregnant, breastfeeding or mixing infant formula with tap water, use an alternative source for drinking or mixing infant formula, or install home water treatment that is certified to lower the PFAS levels in water.
- Boiling water will not reduce PFAS levels
- For specific health concerns, consult a healthcare provider

