No-cost PFAS drinking water sampling

Signing up is easy!

1. Scan the QR code with your cell phone or visit our project website at **https://ecology.wa.gov/West-Plains.**
2. Complete and submit the Sampling Request Form.
3. Our sampling coordinator will contact you to schedule your no-cost drinking water sampling for PFAS.

Spokane County residents in the northeast region of the West Plains are eligible for no-cost sampling for per- and polyfluoroalkyl substances (PFAS) in drinking water.

If your drinking water is from a private well and you live in the area outlined in Figure 1 (see page 3), we encourage you to sign up for no-cost PFAS drinking water sampling scheduled to begin in March 2024.

How do I sign up?

Please visit our project website at **https://ecology.wa.gov/West-Plains** and complete the Sampling Request Form. The form asks a few simple questions that will allow us to contact you and schedule the no-cost sampling.

If you need help with completing the Sampling Request Form, please contact Erika Beresovoy at 509-385-2290 or Erika.Beresovoy@ecy.wa.gov.

What is the process?

In coordination with the Washington Department of Ecology (Ecology), the U.S. Environmental Protection Agency (EPA) will be scheduling appointments and collecting samples.

After you complete and submit the Sampling Request Form, our sampling coordinator will contact you by phone and/or email to discuss the process:

- **Determining where to collect the drinking water.** Our sampling team will take a sample from a drinking water source in the home, such as a kitchen faucet. If you have a treatment system, we will collect a sample of untreated water.
- **Signing a form allowing us to take a sample.** The primary resident living at the home will need to sign an access form when our sampling team arrives to collect your drinking water sample.
- **Collecting the drinking water sample.** Our sampling team will collect a sample at an agreed-upon date and time. Sample collection should take less than an hour.
- **Analyzing the drinking water sample.** An accredited laboratory will analyze your drinking water sample for PFAS, using a strict quality control process to ensure accurate results. The current resident and homeowner will get the results by mail and email (if provided) as soon as possible, usually about one month after sampling.

What if my water has PFAS in it?

If PFAS in your water is higher than Washington's State Action Levels (see pages 4–5), we can take interim actions such as supplying safe drinking water and point-of-use filtration systems. These efforts can help until investigation and cleanup of PFAS sources provide more permanent solutions.

What are PFAS?

PFAS are manufactured chemicals that never disappear from the environment, which is why they are called "forever chemicals." PFAS are water soluble and highly mobile. They are known to contaminate groundwater. They have been used in

firefighting foam, furniture, carpet, clothing, electronics, and building insulation since the 1940s.

PFAS have been found in the blood of people and animals all over the world. Some studies on people exposed to PFAS over a long period of time indicate that exposure may have health effects.

Project background

Two potential PFAS sources in the northeast West Plains have been identified:

- Fairchild Air Force Base (FAFB) is investigating PFAS in groundwater and monitoring offsite drinking water wells in the cross-hatched area in Figure 1. FAFB provides in-home treatment or alternative water to homes that exceed the EPA's 2016 PFAS health advisory of 70 parts per trillion. For more information, please visit https://www.fairchild.af.mil/Information/Restoration/.
- Spokane International Airport has PFAS contamination, and Ecology is requiring the airport to investigate whether PFAS is leaving its property. For more information, please visit https://bit.ly/EcologySIA-PFAS.

Some drinking water tests from properties outside the FAFB monitoring area and the airport property boundaries have PFAS levels higher than Washington's State Action Levels (see pages 4–5).

To ensure people are drinking clean water, Ecology, EPA, the Washington State Department of Health, the Spokane Regional Health District, and Eastern Washington University are studying groundwater quality in the northeast West Plains to better understand the extent and severity of PFAS contamination.

Results from the well sampling will inform community members about the quality of their sole source of drinking water and will provide the agencies with necessary data to help inform future cleanup efforts.

Join the West Plains PFAS updates email list

Ecology maintains the West Plains PFAS updates email list to share information about:

- This no-cost drinking water sampling for PFAS
- Cleanup at the Spokane International Airport PFAS site
- The City of Medical Lake's area-wide groundwater investigation grant to develop a model of PFAS contamination in the West Plains
- Other PFAS-related topics of potential interest

If you would like to join the West Plains PFAS updates email list, please subscribe online at https://bit.ly/EcologyWestPlainsPFASupdates, or contact Erika Beresovoy at Erika.Beresovoy@ecy.wa.gov or 509-385-2290.

More information and contacts

- **Visit our project webpage:** https://ecology.wa.gov/West-Plains
- **Join the West Plains PFAS updates email list:** https://bit.ly/EcologyWestPlainsPFASupdates
- **Ecology contact:** Erika Beresovoy, 509-385-2290, Erika.Beresovoy@ecy.wa.gov
- **EPA contact:** Laura Knudsen, 206-553-1838, knudsen.laura@epa.gov

ADA accessibility

To request an ADA accommodation, contact Ecology by phone at 360-407-6831 or email at ecyadacoordinator@ecy.wa.gov, or visit ecology.wa.gov/Accessibility. For Relay Service or TTY, call 711 or 877-833-6341.

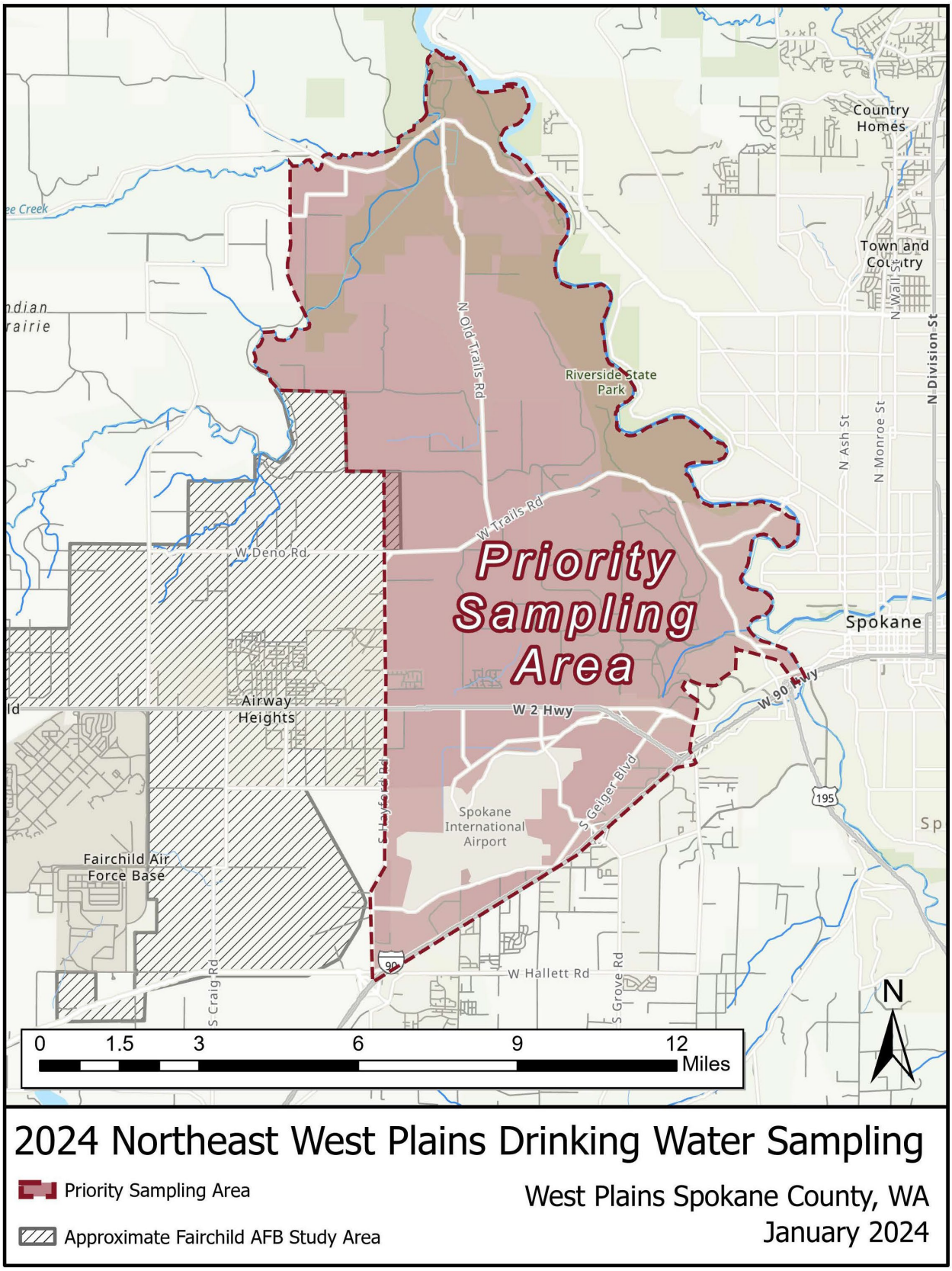


Figure 1. Residents drinking water from private wells in this area are encouraged to sign up for no-cost PFAS sampling.

Washington State Action Levels for PFAS in Drinking Water

WHEN AND HOW TO LOWER YOUR EXPOSURE TO PFAS IN DRINKING WATER:

- PFAS have been discovered above recommended federal and state safety levels in the drinking water supplies of millions of Americans, including in Washington State. Because it can take many years for our bodies to clear PFAS chemicals, exposure to levels above recommended limits could lead to harmful health effects.
- Washington State Action Levels (SALs) help you know when to take action to protect your health. If your tap water has PFAS above our SALs, take action to reduce PFAS in the water you drink and cook with.
- Limiting PFAS exposure is the best way to protect yourself and your family. The sooner you lower your PFAS exposure, the sooner your body can start clearing PFAS.

Installing a PFAS-reducing water filter on your kitchen sink can help lower PFAS levels in your drinking and cooking water.

Follow the advice on the back page if PFAS levels in your drinking water are higher than our SALs.

Our SALs are based on the best available science, and may be updated as we get more information on PFAS health impacts.

Water tests from private labs sometimes give results with different measurements, or "units", than parts per trillion. Our SALs are shown here in these other common units.

PFAS CHEMICALS	SAL in parts per trillion (ppt)	SAL in nanograms per liter (ng/L)	SAL in micrograms per liter (ug/l)	SAL in parts per billion (ppb)
PFOA (perfluorooctanoic acid)	*10 ppt*	*10 ng/l*	*0.010 ug/l*	*0.010 ppb*
PFOS (perfluorooctane sulfonate)	*15 ppt*	*15 ng/l*	*0.015 ug/l*	*0.015 ppb*
PFNA (perfluorononanoic acid)	*9 ppt*	*9 ng/l*	*0.009 ug/l*	*0.009 ppb*
PFHXS (perfluorohexane sulfonate)	*65 ppt*	*65 ng/l*	*0.065 ug/l*	*0.065 ppb*
PFBS (Perfluorobutane sulfonic acid)	*345 ppt*	*345 ng/l*	*0.345 ug/l*	*0.345 ppb*

Who should follow the State Action Levels (SALs) advice?

All people drinking water with PFAS above our SALs should act to lower their PFAS levels. This is especially important for sensitive groups, like pregnant people, people who may become pregnant, breastfeeding people and their infants, infants drinking formula mixed with tap water, and children under 5. These groups usually drink more water than most people, and are more vulnerable due to their life stage.

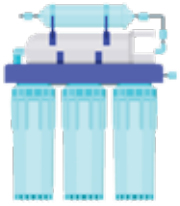
Why should I reduce my exposure to PFAS?

There is strong evidence from animal studies and supporting evidence from human studies that PFAS can harm human health. For people, having higher PFAS levels in your body could: interfere with your immune system and make some vaccinations less effective, increase your risk for kidney cancer, high cholesterol, and lower birthweights. PFAS may also increase your risk for other cancers (like testicular cancer), thyroid disease, high blood pressure during pregnancy, and other reproductive issues.

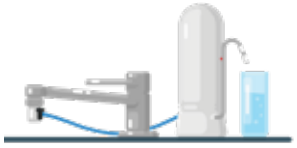
Your risk of developing health problems depends on how much, how often, and how long you were exposed. Age, lifestyle, and overall health can impact how your body responds to PFAS exposure. The best way to protect yourself and your family is to lower your exposure.

Point Of Use (POU) water filters can help lower PFAS levels

Some POU water filters can reduce PFAS. These filters often come in "Under the Sink" or "Countertop" styles. PFAS-reducing POU filters are usually granular activated carbon filters certified by the National Standards Federation to reduce PFOA and PFOS (NSF/ANSI Standard 53, must include claim of PFOA/PFOS reduction), or reverse osmosis filters. See our factsheet (https://doh.wa.gov/sites/default/files/2022-10/331-699.pdf) for help deciding which type best fits your needs and how to find a filter.



"Under the Sink" Style Filter



"Countertop" Style Filter

A note on watering your garden and livestock

We're still learning what PFAS levels are safe for watering gardens and livestock. We know plants can soak up certain PFAS from soil and irrigation water. How much PFAS exposure you get from eating PFAS-contaminated plants depends on soil condition, the type of plant, the type of PFAS, and PFAS levels in the soil and water. We also know that farm animals who drink PFAS can pass the PFAS into their eggs and milk, or meat. There are no regulations or guidelines for eating plants and animal products contaminated with PFAS.

If you are concerned, consider filtering water used for gardening and livestock. For gardening, we recommend you:

- Wash or scrub all dirt off produce before eating to avoid swallowing soil.
- Peel and wash all root vegetables before eating.
- Use rainwater for garden irrigation.
- Add clean compost to your garden soil. Increasing the organic content of your garden soil can reduce the amount of PFAS your plants pick up from the soil.

For a list of certified PFAS water-testing labs, visit **https://doh.wa.gov/sites/default/files/2022-09/221-700.pdf**
For a more information on PFAS, visit **https://doh.wa.gov/community-and-environment/contaminants/pfas**

Washington State Department of HEALTH

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

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DEPARTMENT OF ECOLOGY
State of Washington

Toxics Cleanup Program, Eastern Region
4601 N. Monroe St.
Spokane, WA 99205

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Contact information

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