

Reducing your exposure

You can reduce your exposure to PFAS in drinking water by using at-home water filters or by using an alternate source of water for drinking and cooking. Boiling, freezing, or letting your water stand will not reduce PFAS levels.

How can I treat my water to remove PFAS chemicals?

While many at-home water filters exist, they haven't all been certified to remove PFAS. Some filter technology, like reverse osmosis or granular activated carbon, can be effective at removing PFAS. Look for manufacturers that have demonstrated the water filter can remove PFAS to non-detectable levels.

Though the department does not endorse specific brands, some examples to consider include:

- Purefast Pitcher Filter Cartridge
- Aquasana Claryum Countertop
- Hydroviv Undersink Filter
- Zero Water Faucet Mount
- Various Samsung and LG refrigerator filters are also certified to remove PFOS/PFOA.

These examples range in price from \$45 to \$200.

What type of alternate water should I look for?

Look for bottled water that has been treated with reverse osmosis. Reverse osmosis removes contaminants by forcing water under pressure through a semipermeable membrane. Look for a brand that includes this information on the bottle. Using bottled water is an individual choice, but there are important concerns with bottled water:

- Not all bottled water is below PFAS health advisories. Choose a brand that has "reverse osmosis" on the label.
- Bottled water negatively impacts the environment because of the extra plastic and because of the energy needed to transport bottled water across the country.



An under-the-sink reverse osmosis system.

Installation

Many at-home filtration systems are designed so you can install them yourself, but we recommend contracting with a certified plumber if you are not comfortable installing the filter system or to safeguard against any possible issues. Pitcher filters do not need to be installed.

What about fluoride?

Treating water with reverse osmosis removes fluoride, and bottled water usually does not contain fluoride. If you choose treated or bottled water, talk to your dentist about other ways to get fluoride to protect oral health.

When can I use tap water?

Use alternate/treated water:

- Drinking.
- Cooking.
- Preparing infant formula.
- If possible, watering your produce garden.

Use tap water:

- Showering.
- Brushing teeth.
- Laundry and cleaning.
- Washing produce.

