



Perfluorochemical (PFC) Fact Sheet

New Hampshire Department of Health and Human Services (DHHS)

PFCs are man-made chemicals that are used to make many household and industrial products that resist heat, oil, stains, grease, and water. Most people are exposed to PFCs by ingesting them.

- **People are exposed to PFCs from many different sources. PFCs can be found in:**
 - Non-stick cookware
 - Stain- and water-resistant carpets, furniture, and clothing
 - Products used to package food, such as microwave popcorn bags, fast food wrappers, and pizza boxes
 - Personal care products like shampoo and dental floss
 - Certain foods that can accumulate PFCs
 - Drinking water that has been contaminated with PFCs

- **We do not know if finding PFCs in your blood means you will get sick.**
 - Most people have some PFCs in their bodies because these chemicals are in so many of our products and don't leave our bodies quickly.
 - The current science can't tell us if PFCs cause long or short-term health problems in people.
 - Scientists continue to study how PFCs might affect people's health, including whether PFCs:
 - Affect children's growth and development
 - Interfere with the body's natural hormones
 - Increase cholesterol levels; affect the immune system
 - Increase the risk of some types of cancer
 - DHHS will continue to monitor the scientific research and keep the community informed of new health information about PFCs.

- **DHHS is offering PFC blood testing for individuals whose drinking water supply has been contaminated above the U.S. Environmental Protection Agency's Health Advisory level and who are concerned about their exposure.**
 - A PFC blood test **can** tell you how much of what PFCs are in your body at the time of the test.
 - A PFC blood test **cannot**:
 - tell you where or how you were exposed to PFCs found in your body
 - tell you whether health problems might occur, or have occurred, because of PFCs in your body
 - be used by your doctor to guide treatment decisions or additional medical tests
 - There is no treatment for PFCs found in your body and no way to more quickly remove them.
 - Individuals interested in having their blood tested for PFCs should understand the uses and limitations of a PFC blood test before deciding on testing.

- **You can reduce your potential exposure to PFCs by:**
 - Limiting use of products that may contain PFCs.
 - Avoiding foods that come packaged in grease-repellent wrappings and containers.
 - Testing your drinking water if you have a private well and are concerned about PFC contamination.
 - Installing water treatment devices shown to remove PFCs if levels in your home drinking water are high. More information about testing and treating water can be found at the following link:
<http://des.nh.gov/organization/commissioner/pfoa.htm>