

### **Do most people have PFOA in their blood?**

Yes. Studies show that human exposure to PFOA is widespread, and that most people in the U.S. have PFOA in their blood. It is unlikely that anyone, even if they did not drink contaminated water, will have a level of “zero” PFOA in their blood. If your drinking water is contaminated with PFOA, and it has been your main source of drinking water, you will have more PFOA in your blood than most people in the U.S.

The higher the concentration of PFOA in drinking water, the higher the level of PFOA will likely be in your blood. Some research has found that blood PFOA levels can be 100 times higher than the PFOA drinking water level. For example, if an individual has 2,000 ppt (parts per trillion) in their water, their PFOA level in blood might be 200 µg/L (micrograms per liter).

### **Who tested my blood?**

The CDC (Centers for Disease Control and Prevention) tested your blood for PFOA. No personal identifying information (e.g., names) was sent to CDC.

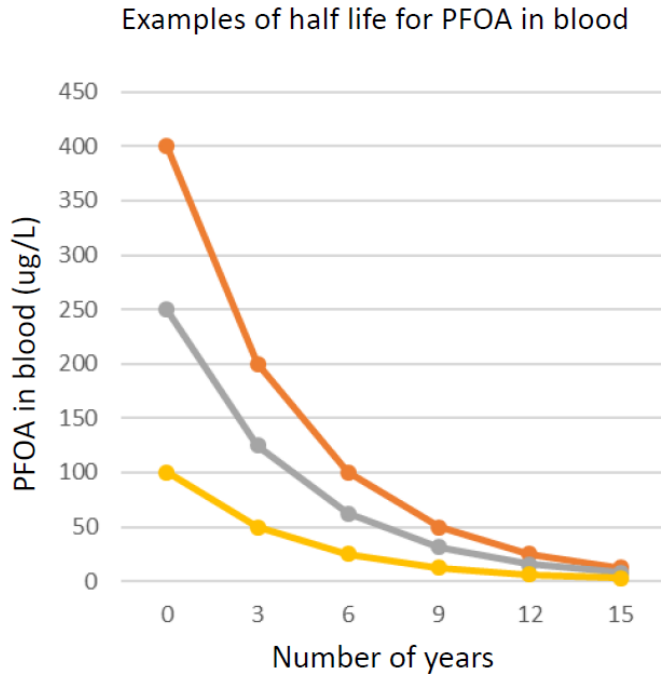
### **What can I do now that I have my results?**

You can talk with your health care provider about specific health questions. The Health Department has given all health care providers in Vermont and the New York area a summary of the health outcomes that are most strongly correlated with levels of PFOA in blood. Your health care provider can review these health outcomes to see if there are any actionable items that he or she can address. For example, PFOA in blood is correlated with high cholesterol. If this is something that you have been dealing with, when the PFOA is eliminated from your body your cholesterol level may decrease. Another health outcome that is correlated with PFOA in blood is thyroid disease. If this is something that you are experiencing, your condition may get better with time, as PFOA leaves your body.

### **Will my PFOA blood level go down?**

Yes. Repeated studies have shown that when people stop drinking contaminated water, their PFOA blood level goes down. For example, Minnesota measured blood levels of PFOA in a drinking water exposed population in 2008 and 2010. They saw that the average level in the community dropped significantly in those two years.

The time it takes for PFOA blood levels to go down by half is about two to four years, assuming there is no additional exposure to the chemical. For example, if your level is 50 µg /L, in two to four years it should be around 25 µg /L. In two to four more years, the level should further decrease to around 12.5 µg /L.



### How do my results compare to others?

Your results are compared to the average of blood samples in the general U.S. population in your result letter. Your result is also compared to blood sample results from the Bennington and North Bennington investigation. The geometric mean - a type of average – for this community is 10.0 µg/L compared to 2.1 µg/L for the U.S. population.

In a mid-Ohio Valley community with PFOA-contaminated drinking water, residents living near a chemical plant had a mean level of PFOA in blood of 32.9 µg /L.

People who are exposed occupationally to PFOA typically have higher levels of PFOA in their blood than the general U.S. population. One study of workers in Decatur, Alabama had a mean level of PFOA in blood of 1130 µg/L.

### How will results be shared?

If you asked us to, we will provide test results to your health care provider. In a few months, we will publish a more detailed analysis of the blood results on our website. The in-depth analysis will include the information from the questionnaire and drinking water results.