



FAQs On PFAS Health Notice

1. What are PFAS?

PFAS (Per- and polyfluoroalkyl substances) are a large group of man-made chemicals that can be found in water and a variety of consumer products. Products that may contain PFAS include fast food packaging, non-stick cookware, firefighting foam, stain-resistant carpet and fabric. They are often referred to as “Forever Chemicals” since they do not break down in the environment and they build up in your body over time and may impact your health. Reducing exposure to PFAS will lower your risk for health problems.

2. How can I reduce my exposure to PFAS and protect my family?

PFAS do not have any taste, color, or odor. The best way to prevent exposure to PFAS is to avoid products and sources that may contain them.

If you live in the health notice area, check you water supply. City water is NOT IMPACTED. Test your water for PFAS if you use a well that is not on City Water. Get a carbon water filter or home water treatment system. Consider connecting to City water.

Everyone can reduce PFAS exposure by avoiding products and sources that may contain them.

- Use home water treatment systems or specific water filters that remove PFAS
- Limit the use of waterproof and stain-resistant products
- Choose non-stick, PFAS-free cookware

3. Why is this a concern in my neighborhood?

Multiple samples in the area have been tested and returned results for PFAS above health guidance level. Anyone in the identified area who uses a well that is NOT on City Water should take steps to remove PFAS from their drinking water.

4. Should I be concerned about drinking water in this area?

If you get your water from the City of Rockford, **no action is needed at this time.**

If live or work in the health notice area, and get your water from a source other than the City Water, such as a private well, it is recommended to test your water for PFAS and take steps to reduce exposure to PFAS.

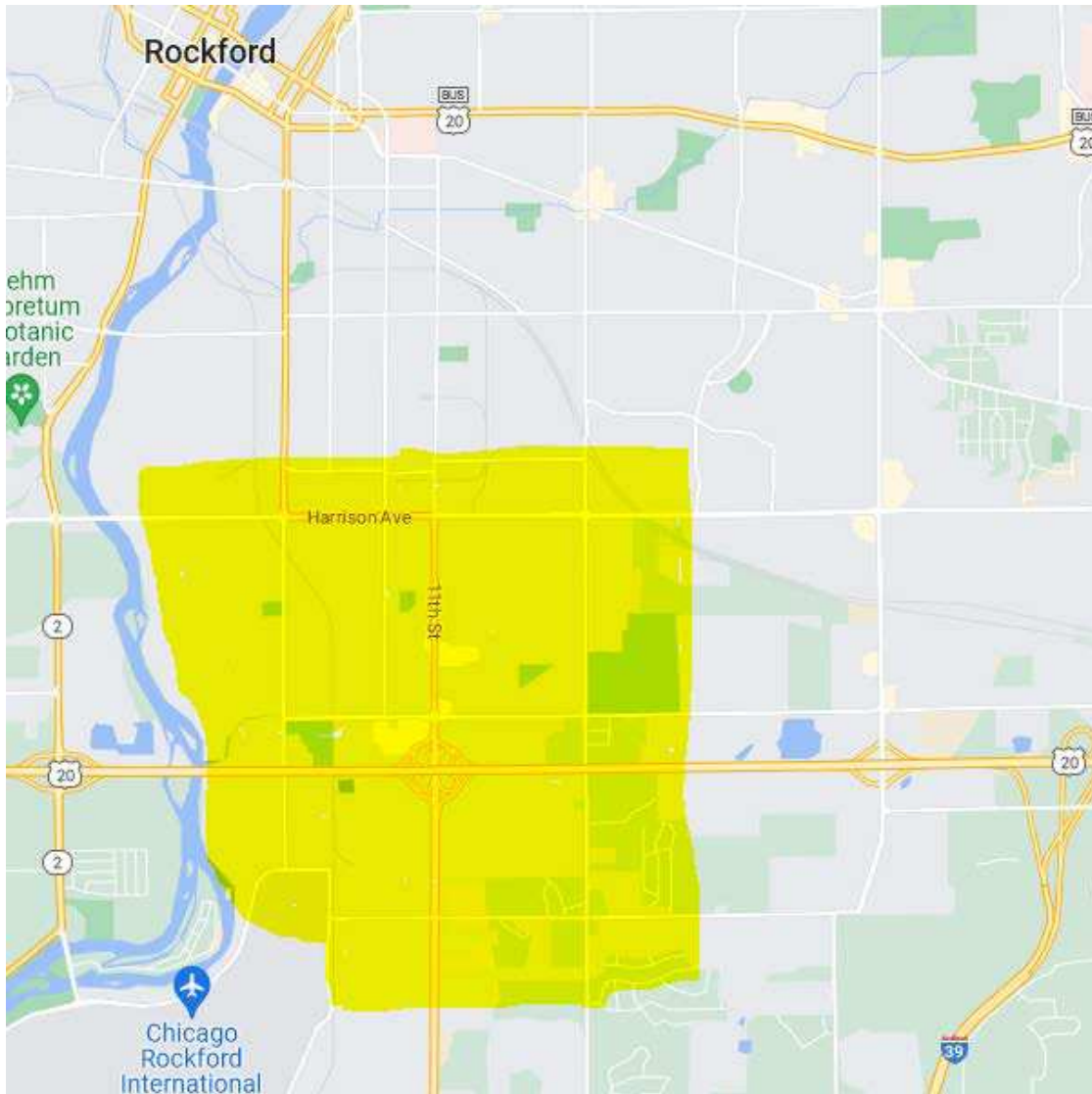
5. Do I live in the area impacted by PFAS?

PFAS can be found all around us and everyone should take steps to reduce exposure to PFAS. Those who live in the health notice area should check their water supply for PFAS and reduce their exposure. The neighborhood around the Family Manufactured Home Community in southeast Rockford is the area impacted by this health notice. If your home is inside the area identified in yellow on the map on the next page, then you live in the impacted area. If you get City water, no action is needed at this time. If



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you have a private well, it is recommended to test your water for PFAS and take steps to reduce exposure to PFAS.



6. I have City Water, should I be concerned?

No action is needed at this time for those who get their water from the City of Rockford. The City of Rockford Water Division regularly tests and treats the water that is delivered to your home each day. The City of Rockford Water Division, has Chemists, Lab Technicians, and Plant Operators that conduct approximately 108 analytical tests each day on the water that is delivered to your home before you receive it.

For more information on City Water and PFAS go to:

- <https://rockfordil.gov/city-departments/public-works/water-division/pfas-and-drinking-water/>
- <https://rockfordil.gov/city-departments/public-works/water-division/water-quality/>



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7. Why should I be concerned about PFAS?

PFAS remain in the environment and the human body for long periods of time and may lead to increased risk for health problems. Based on current research, higher exposure to PFAS increases the risk of:

- Infertility and low birth weight
- Certain types of cancers
- Developmental delays including low birth weight
- Thyroid and heart issues
- Reduced ability to fight infections and reduce vaccine response

While PFAS exposure cannot be completely prevented, reducing exposure to PFAS will lower your risk for health problems. You can take steps to reduce your exposure and decrease your risk.

8. Can I get tested for PFAS from my healthcare provider?

Given the widespread use of PFAS, most people throughout the U.S. will have PFAS detected in their blood. A blood test for PFAS cannot determine whether the level is safe or unsafe and whether there are or will be impacts to your health.

9. How do I know if I have a private well or City Water?

You most likely have private well water if the water line coming into your house does not have a meter and you do not receive a water bill.

10. What type of filters reduce PFAS?

Your water can be treated to reduce PFAS by using a home water treatment system or a carbon water filter. The carbon water filters come in pitchers and as faucet attachments for the kitchen and bathroom sinks. For more information on the filters that can reduce PFAS, visit the Illinois EPA website at <https://www2.illinois.gov/epa/topics/water-quality/pfas/Pages/default.aspx>

11. How do I get connected to City Water?

If you are ready to connect to City Water, start by contacting the Winnebago County Health Department's Center for Environmental Health Improvement at 815-720-4100. They will provide you with information on how to get started.

12. How do I test my water for PFAS?

If you are ready to test your water for PFAS, contact the Winnebago County Health Department's Center for Environmental Health Improvement at 815-720-4100. They will provide you with information on how to get started.



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13. Who will cover the cost of connecting to City Water or paying for the water testing?

The cost for connecting to City Water or testing the water of a private well for PFAS is the responsibility of the home owner. If you are concerned about costs, but want to take these steps, contact the Winnebago County Health Department Center for Environmental Health Improvement at 815-720-4100 to learn more about your options.

14. I have questions, where can I get more information on this Health Notice?

Go to the Winnebago County Health Department website at <https://publichealth.wincoil.gov/pfas/>

You can also attend a Community Open House to speak with representatives from multiple agencies to get your questions answered one on one.

- Tuesday, March 28, 5:00pm – 7:30pm
- Wednesday, March 29, 9:00am – 11:30am

Please check the health department website for the location to be announced soon.