

DOH Tools and Resources for PFAS

Per- and polyfluoroalkyl substances (PFAS) are a growing public health and environmental health threat in Washington state. If you are working on PFAS-related issues in your jurisdiction, our team is available to support you.

DOH Health Education and Communication Toolkit

Our health education materials are designed to target environmental health literacy around PFAS and improve health outcomes. All our resources were developed with extensive engagement and input from community members impacted by PFAS drinking water contamination, as well as data from social marketing studies conducted by our team.

PFAS Basics YouTube Series

Our animated [PFAS Basics Video Series](#) is designed to provide understandable, accessible, and actionable recommendations to help Washingtonians protect their health and lower their PFAS exposure. We continue to add new videos to the series based on feedback from local health departments, water systems, and our community partners.

Current Videos

- ◆ **[PFAS Basics 1: What are PFAS?](#)**
 - Closed captioning available in: Amharic, Chinese (Traditional and Simplified), Filipino-Tagalog, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, Vietnamese, Arabic, Burmese, French, Korean, Oromo, Pashto, Somali, Tigrinya, Dari, and Karen.
- ◆ **[PFAS Basics 2: Why are PFAS a Health Concern?](#)**
 - Closed captioning available in: Amharic, Chinese (Traditional), Filipino-Tagalog, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, Vietnamese, Arabic, Burmese, French, Korean, Oromo, Pashto, Somali, Tigrinya, Dari, and Karen.
- ◆ **[PFAS Basics 3: Lowering Your Exposure to PFAS in Drinking Water](#)**
 - Closed captioning available in: Amharic, Chinese (Traditional), Filipino-Tagalog, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, Vietnamese, Arabic, Burmese, French, Korean, Oromo, Pashto, Somali, Tigrinya, Dari, and Karen.
- ◆ **[PFAS Basics 4: Short-Term Solutions – How to Select a POU Water Filter](#)**

- Closed captioning available in: Amharic, Chinese (Traditional), Filipino-Tagalog, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, Vietnamese, Arabic, Burmese, French, Korean, Oromo, Pashto, Somali, Tigrinya, Dari, and Karen.
- ◆ **[PFAS Basics 5: Washington State’s Response to PFAS in Consumer Products](#)**
 - Closed captioning available in: Chinese (Traditional and Simplified), Filipino-Tagalog, Marshallese, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, and Vietnamese.
- ◆ **[PFAS Basics 6: Limiting Your Exposure to PFAS in Household Products, Part 1](#)**
 - Closed captioning available in: Chinese (Traditional and Simplified), Filipino-Tagalog, Marshallese, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, and Vietnamese.
- ◆ **[PFAS Basics 7: Limiting Your Exposure to PFAS in Household Products, Part 2](#)**
 - Closed captioning available in: Chinese (Traditional and Simplified), Filipino-Tagalog, Marshallese, Khmer, Lao, Russian, Spanish (Latin American), Ukrainian, and Vietnamese.

“TikToxicology” Reels for Social Media

Developed from a community request to make our communications “less government-y,” our TikToxicology reels provide basic information about PFAS and steps to take to protect your health in a short, simple, and shareable format. We also highlight work our partners are doing to help communities understand who their agencies are, and their role in PFAS!

If you would like to do a collaboration reel, reach out to claire.nitsche@doh.wa.gov.

- ◆ **[Spokane Health District-DOH Collaboration Reel](#)**
- ◆ **[Yakima Health District – DOH Collaboration Reel](#)**
- ◆ **[Safer Products for Washington—DOH-Dept. of Ecology Collaboration Reel](#)**
- ◆ **[How to find out if PFAS are in your water, and how to take action](#)**
- ◆ **[What are PFAS, and why are we concerned?](#)**
- ◆ **[Pets and PFAS](#)**
- ◆ **[POU Water Filters](#)**

DOH PFAS Website

The [DOH PFAS website](#) is our chief PFAS resource. The website provides background information on PFAS, guidance and recommendations, regulatory updates, and external resources to understand the issue further. This website is continually updated to ensure that the latest PFAS information is available and easily accessible, supporting our community members and partners in staying informed. We are in the works of a creative

re-do of our website with new components co-created with our impacted communities, and hope to have the new version out by the end of the year!

Factsheets

Our team co-created a suite of action-centered factsheets about PFAS with impacted community members across the state. Many of our factsheets have been personally tested by our team and community partners in real-world settings to ensure their actionability and useability.

Most Popular or Frequently Requested

Drinking Water

Accredited Lab List 331-700

[English](#)

[Spanish](#)

[Marshallese](#)

[Russian](#)

[Ukrainian](#)

[Vietnamese](#)

Home Water Treatment for PFAS 3331-699

[English](#)

[Spanish](#)

[Russian](#)

[Tagalog](#)

[Ukrainian](#)

[Vietnamese](#)

PFAS Point-Of-Use Filter Options Factsheet 331-713

[English](#)

[Marshallese](#)

[Russian](#)

[Spanish](#)

[Ukrainian](#)

[Vietnamese](#)

Private Wells and PFAS: Resource Guide for Common Questions 331-689 *(available in other languages on request)*

EPA's PFAS Maximum Contaminant Levels (MCLs) Factsheet 331 751

[English](#)

Other Factsheets

Livestock, Pets, and Gardening

PFAS in Drinking Water: Safety questions about gardening, livestock, and pets

[English](#)

[Spanish](#)

DOH PFAS Livestock Testing Project Results 334-548 *(available in other languages on request)*

[English](#)

PFAS Timeline 334-488

We have found many community members are not clear on the history of PFAS for the country, and in Washington State. This Timeline was made to help community members get a sense of how they have ended up in the larger PFAS story and see what actions WA has already taken to address PFAS for our communities. This was last updated January 2023 before the EPA released the Draft MCLs.

[English](#)

[Spanish](#)

DOH Technical Expertise for PFAS

Our team is available to help support our local health and tribal partners with:

- ◆ Understanding the health impacts and most up-to-date science around PFAS chemicals.
- ◆ DOH's health recommendations on lowering exposure in drinking water and consumer products.
- ◆ Connecting to DOH grants for PFAS in drinking water (water systems and private wells).
- ◆ PFAS health promotion, education, and risk communication support.

If you would like to schedule a meeting, reach out to our team.

- ◆ **Office of Drinking Water Regional Offices** – Public drinking water systems, drinking water regulations, and grants for water systems and private wells, [The Office of Drinking Water \(overview\) | Washington State Department of Health](#)

- ◆ **Barbara Morrissey (she/her), Senior Toxicologist** – PFAS health impacts, health advice for when PFAS are in drinking water or home-raised foods – barbara.morrissey@doh.wa.gov
- ◆ **Holly Davies (she/her), Senior Toxicologist** – Health advice for when PFAS are in consumer products, and consumer product regulations for toxic chemicals – holly.davies@doh.wa.gov
- ◆ **Emerson Christie (he/him), Toxicologist** – PFAS in fish and shellfish, and fish advisories, emerson.christie@doh.wa.gov
- ◆ **Claire Nitsche (she/her), Health Educator** – PFAS health promotion, education, and risk communication, claire.nitsche@doh.wa.gov