



PFAS Wūno ko: Ta Ko im Waween Bobrae Ājmour eo Am

Ta in PFAS Wūno ko?

Per- and polyfluoroalkyl substances (PFAS, Kōkkan ko rekajur) ej juon baamle in taujin kain wūno ko rej kōmman jen-armej. PFAS rej jōt ien nae etan "wūno ko rej pād ñan indeo" kinke ej bōk elap ien ñan aer rup ilo meļan eo.

PFAS wūno ko relaxkar jermal jen 1950 ko ñan kōmman mweiuk ko ilowaan mwon wia im jikin jermal ko rej:

- Juṃae-māār.
- Juṃae-dān.
- Ejjab-eddep.
- Juṃae-kurij.
- Juṃae wūno im joñan bwil ak mōlo.

PFAS wūno ko rekar bar jermal ilo jōt taib in mōrmōr ko rekajur jen kijeek, āinwot aqueous film forming foam (AFFF). Mōrmōr kein rekar jermal ñan kamej kijeek ko rekar walok jen kiaj.

Ruo ian wūno ko elap jellā kake ilo PFAS baamle ej perfluorooctane sulfonic ajet (PFOS) im perfluorooctanoic ajet (PFOA).

Etke PFAS Wūno ko rej Mennin Ekkōl ñan Ājmour?

Jōt taib in PFAS wūno ko remaroñ laplok ilo enbwinnid ñe aitok ien ad epāake (alloñ ñan yīō ko). Menin ej juon būrooblem, kinke joñan PFAS wūno ko relaplok ilo enbwinnid emaroñ kalaplok kuawōtata elap ñan an walok jorrāan ko ñan ājmour, ekoba:

- Dekā in jibke im bōṓl kāānjer.
- Ediklok joñan eddo ñan niñniñ ko rej kab lōtak.
- Mojno lak enbwin ilo an uwaak ñan jōt wā ko, āinwot tetanus wā, kōmman bwe en diklok aer jermal ilo bobrae jen nañinmej.
- Elaplok joñan cholesterol
- An wōr aerin bōtōktōk ilo ien bōrōro.

"Wūno ko rej Pād Ñan Indeo" ejjab melelein "ñan indeo ilo enbwinnim!"

Ñe kwoj kadiklok am epāake, PFAS wūno ko rej jinoe emakūt jen enbwinnim.

Ewi Waween Ao Epāake PFAS Wūno ko?

Waween ko ekkā am maroñ epāake PFAS ilo mweiuk in wia ko im mejan ej:

- Dān in daak ko ewōr PFAS ie.
- Mōñā ko (āinwot kanniōk, mōñā ko ewōr milik im lep ie, im pejtōbol) ko rej kōmman ion āne ak dān ko ewōr PFAS ie.
- Mōñā ek ak mennin mour in lojet ko ewōr aer tōborōñ ro rekar mour ilo dān ak jikin ko ewōr PFAS ie.
- Jirilak an orañloq tōtoon ak buñal ko jen mweiuk in wia ko ewōr PFAS ie, āinwot rak ko ebidodo jolok māār jen e, jōt paan ko rejjab-eddep, butiik in dān ko, kein makeup, im ski wax ko.
- Jirilak an orañloq ak menono buñal jen bwidej eo ewōr PFAS ie.

Kinke PFAS emōj an jermal ilo eloñ kain mweiuk in wia ko, eitn aolep armej ilo United States emōj an wōr PFAS kadede ilo enbwinnier. Botaab, jukjukiin pād ko ewōr PFAS ilo dān ko aer, bwidej, ak mōñā ekkā an laplok joñan PFAS ilo enbwinnier kinke ekkūt lak an enbwinnier epāake.

Ewi Waween Ao Kadiklok Kauwōtata in an Maroñ Jelōt Ājmour eo Ao?

Waween eo eman tata ñan kadiklok kauwōtata ñan ājmour eo am jen PFAS ej ñan kadiklok am epāake. Errein ej jōt waween kadiklok am epāake:

- Ukōt jikin kōjerbale dān eo am ñe ewōr PFAS ilo dān eo am loñ joñan kōjbarok ñan ājmour. Koļaaq juon kein liklik eo ewōr an kein kaṃool ñan kadiklok joñan PFAS, ak kōjerbale aebōj ko ilo bato.
- Loore PFAS naan in kōmelele kin eoñad ñe kwoj māke eoñad kijom ek ñan mōñā.
- Jeniji dān ko bao ko nejum im mennin mour ko jōt rej kōjerbale ñe ewōr PFAS ilo dān ko am im moñā lep, milik, ak kanniōk jen er.
- Kokāāl mweiuk ko lowaan em ekkā an wōr PFAS ie kin kelet ko ejelok PFAS ie. Ak, kadiklok an ikkūt am kōjerbale mweiuk kein.
- Loore rojāñ ko ñan karreo ñan kadiklok PFAS ilo buñal ko lowaan em.
- Kwaļkwol, iri, im ekil pejtōbol ko ewōr aer okkar im kwoj māke ekkāt mōkta jen am mōñā ñe kwoj kōjerbale dan ko ewōr-PFAS ie ilo atōke eo am.
- Ñe kwoj ekkāt ak kōjerbale bwidej, ekanak kiļoob ak kwōle peṃm ñe emōj.

Ñan elaplok melele ko, loelak www.doh.wa.gov/pfas.

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Ñan kajjitōk bwe ren lewōj peba in ilo bar juon wāwein, kwōn kaļloq 1-800-525-0127. Armej ro rej jarroñroñ ren kaļloq 711 (Washington Relay) ak email doh.information@doh.wa.gov.

Ewi Waween an Enbwinnio Jolok PFAS?

Ñe kwoj kadiklok am epāake, PFAS wūno ko rej etal jen enbwinnim ilo:

- Rawūt.
- Kūbwe.
- Mejan allōñ.
- Milik jen ittūt. Ñe ewōr PFAS ilo dān eo am, ukōte ñan bar juon jikin bōk dān im wonṃaanlok ilo am kaninnin niñniñ eo nejum.

Ilo ien bōroṃo, PFAS ilo enbwinnin mama eo emaroñ bar emakūt ñan niñniñ eo im bej eo. Lale naan in rojāñ ko ad kin kaninnin ilo www.doh.wa.gov/pfas.

Ewi Joñan Aitok in an PFAS Wūno ko Maroñ Emakūt Jen Enbwinnio?

Ñe kwoj kadiklok am epāake, PFAS emaroñ jinoe emakūt jen enbwinnim. Taib oktak in PFAS emaroñ emakūt jen enbwinnim ilo joñan mokaj ko oktak. Joñan mokaj in an PFAS emakūt jen enbwin ej oktak jen armej ñan armej.

Joñan mokaj in an PFAS emakūt jen enbwinnim ej joñjoñ jen **"jimetan mour."** Juon jimetan mour ej joñan ien eo ej bōk ñan an joñan PFAS ko ilo bōtōktōk ko am diklok kin jimetan.

Iolapin Jimetan Mour ñan PFAS Wūno ko Ekkā Loe

PFAS Wūno	Iolap in Jimetan Mour
PFHxS	5.3 ñan 15 yiiō ko
PFDA	4 ñan 7.1 yiiō ko
PFOS	3.3 ñan 4.6 yiiō ko
PFNA	2.5 ñan 4.3 yiiō ko
PFOA	2.3 ñan 3.9 yiiō ko
PFBS	35 raan ko
PFHxA	32 raan ko
PFBA	3 raan ko

Site Assessment and Toxicology Division (Etaale Jikin im Doulul in Lale Baijin)

Office of Environmental Public Health Sciences (Opij eo ej Bōk Eddoin Ājmour in Mejan Science ko)

Washington State Department of Health (Washington State Rā eo an Ājmour)

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