

# Worried About PFAs and PFOs in Your Drinking Water?

## What are PFAs & PFOs?

PFAs and PFOs are man-made chemicals present in drinking water. Coined “forever chemicals” by The Washington Post, they were once widely used in various products due to their ability to repel oil and water. Many organizations began to phase them out of their products starting in 2000. PFAs and PFOs are persistent in the environment and human body as they do not break down easily and can accumulate overtime. They have become an increasing concern for organizations aiming to elevate the quality of their workplace water and improve employee health and safety.

## Why are People Worried about PFAs & PFOs?

Despite being phased out globally, remaining environmental PFAs pose health risks. U.S. EPA studies on elevated exposure to PFAS highlight potential health effects like developmental issues, cancer, liver problems, immune system effects, thyroid disorders, increased cholesterol, altered vaccine response in children, and increased risks during pregnancy. Ongoing research explores their impact on both humans and animals, emphasizing the need for caution.

## How Can You Reduce Your Exposure to PFAs & PFOs?

While many people are exposed to PFAs and PFOs in their daily lives, including drinking water, people can reduce their risk through drinking freshly filtered water. The most common and effective ways of removing these chemicals from drinking water are advanced carbon filtration and reverse osmosis.

## Advanced Carbon Filtration

Activated carbon treatment is the most studied treatment for PFAS removal. The EPA explains, activated carbon is commonly used to adsorb natural organic compounds, taste and odor compounds, and synthetic organic chemicals in drinking water treatment systems. Activated carbon is an effective adsorbent because it is a highly porous material and provides a large surface area to which contaminants may adsorb.

## Get Your Water Tested

EPA-listed Testing Laboratories:  
[www.epa.gov/dwlabcert](http://www.epa.gov/dwlabcert)



## Reverse Osmosis

The EPA recognizes reverse osmosis (RO) as highly effective, removing over 90% of diverse PFAs. Culligan Quench provides RO filtration systems, ideal for higher purification needs, reducing total dissolved solids (TDS) and various contaminants using sediment, carbon, and semipermeable membrane filtration.

All Culligan Quench bottleless water coolers, ice machines, and sparkling water dispensers are installed with state-of-the-art filtration technology fit for your local water supply. Culligan Quench offers both carbon filtration and RO filtration to ensure your workplace drinking water is free of harmful contaminants.