



MiPEHS

Michigan PFAS
Exposure &
Health Study

General Information for SAMPLE Participants

Belmont/Rockford Area



Michigan PFAS Exposure and Health Study (MiPEHS) Welcome Booklet

The Michigan Department of Health and Human Services (MDHHS) is sending you this welcome booklet. This contains useful information about your MiPEHS study office visit.

This booklet contains the following:

1. Study Office Visit Fact Sheet
2. Frequently Asked Questions about the Study Office Visit
3. Accepted Forms of ID
4. Our COVID-19 Study Safety Measures
5. Reference Map 1: MiPEHS Study Area in Belmont and Rockford
6. Reference Map 2: Area Around Belmont and Rockford for Fish and Game Questions



Your MiPEHS Study Office Visit

This fact sheet explains each step of your Michigan PFAS Exposure and Health Study (MiPEHS) study office visit. If you have any questions about your visit, please call us at 1-855-322-3037.

STEP 1: WHEN YOU ARRIVE



When you arrive at the study office, you must wait in your car and call the study office from your car to let them know that you have arrived. You can find the study office phone number on your **Study Office Visit Confirmation** sheet. You will also be required to answer some brief COVID-19 screening questions over the phone.



You will be checked in by one of our study staff, and have your temperature taken. Please have your acceptable form of ID ready to show them. See the enclosed Acceptable Forms of ID handout for a list of what they will accept.



A mask or cloth face covering is required to be worn in the study office by anyone aged 2 years and older. We will provide you with a mask if you didn't bring one.

STEP 2: INFORMED CONSENT AND QUESTIONS



We will:

- Provide you with an Informed Consent document, which contains a detailed description of the study.
- Answer any of your questions.
- Ask for your permission to participate in the study.

STEP 3: MEASUREMENTS AND BLOOD SAMPLE



A medical professional will measure your height, weight, blood pressure, and waist circumference.



A trained phlebotomist will draw blood from a vein in your arm.

- They will draw 53 mL (around 3.5 tablespoons) of blood from adults (18+) to be tested for PFAS, PCBs, and health markers, such as cholesterol and glucose.
- They will draw 33 mL (around 2.25 tablespoons) of blood from minors who are at least 12 years old, but not yet 18 years old, to be tested for PFAS and health markers, such as cholesterol and glucose.
- No blood will be drawn from minors under the age of 12.



STEP 3: MEASUREMENTS AND BLOOD SAMPLE (CONT'D)



If you are age 12 or older at the time of your visit, the phlebotomist will also collect a small amount of blood by poking your finger and putting it on a paper blood spot card. This blood will also be tested for PFAS.

None of the blood collected for the study will be used for alcohol, drug, or DNA testing.

STEP 4: REFRESHMENTS



We will provide light refreshments after the blood draw. You may take your mask off in our designated area while you are eating.

STEP 5: SURVEY



If you are unable to complete the survey online before your visit, you can complete it at your visit. The survey will ask you about:

- Your use of drinking water.
- Ways you might have come into contact with certain chemicals.
- Your and your family's health history.
- Your current and previous jobs.

STEP 6: CHECK OUT



As a thank you for participating, each participant aged 12 and older will receive a \$50 gift card after providing a blood sample from their arm and completing the survey. Participants younger than 12 years old will receive a \$25 gift card for completing the survey and attending a study office visit. Participants aged 12 and older will receive an additional \$5 gift card for giving a capillary (finger poke) blood sample at the first study office visit.



We may ask you to schedule an appointment for an MDHHS sanitarian to come sample the drinking water at your home to test for PFAS.

HAVE STUDY QUESTIONS?



Call 855-322-3037

Visit Michigan.gov/DEHbio and click on MiPEHS to find out more.



MiPEHS Study Office Visit

Frequently Asked Questions

How should I prepare for my appointment?

1. Review all the enclosed materials.
2. Some health conditions or medical treatments may make it unsafe for you to provide a blood sample for this study, like a bleeding disorder, anemia, some cancer treatments or if you are taking medications to lower your blood sugar. **If this applies to you**, we ask that your healthcare provider agree that it is safe for you to give a blood sample. Review the “Healthcare Provider Blood Draw Authorization” form enclosed in this Welcome Packet to see if this applies to you. If yes and you are 12 years or older please ask your healthcare provider to sign the form. You will need to bring this signed form to your study office appointment.
3. Complete the survey before arriving at the study office. Please refer to the “MiPEHS Survey Link Form” for instructions on how to do this.
 - If you were unable to complete the survey at home before your appointment, please fill out the Pre-Appointment Worksheet included in this packet and bring it with you to your study office appointment. This worksheet will help you prepare for the questions on the survey. For example, medications you are taking, water filtration, and other information.
4. If you will need special assistance at the appointment and have not already told the study staff, please call as soon as you are able: 855-322-3037.
5. **If you are 12 years old or older, fast for at least 8 hours leading up to your appointment.** This means not eating anything and only drinking water.
 - While fasting, you can drink water throughout the day and take any medications with water.
6. If you are experiencing any symptoms of COVID-19 on the day of your appointment or during the 2 weeks before your appointment, please call 855-322-3037 and reschedule your appointment.
 - For your reference, the following are common symptoms of COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body



aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

What should I do if I cannot fast before the appointment?

- If you are unable to fast for a medical reason, such as diabetes, you can still participate in the study.
- Instead of fasting, please eat fat-free or low-fat foods.
- Please bring a list of everything you ate in the 8 hours before your appointment and when you ate it with you to your appointment.

Will I get my blood test results?

- If you would like your PFAS and PCB blood test results, you will receive them in a letter several months after your appointment. We will ask you if you would like to receive these results in the Informed Consent document.
- All participants whose blood is tested for health tests will receive their results in the mail.
- Several labs will complete the blood tests for us. You may receive your test results at different times in separate letters.
- You will receive summaries of the study findings when they are available.

What will I learn from my blood test results?

Your results **can** tell you:

- The amount of PFAS and PCBs (if applicable) in your blood at the time of your blood draw
- The health marker levels (like cholesterol) in your blood at the time of your blood draw

Your results **cannot** tell you:

- Where any PFAS or PCBs in your blood came from
- About chemicals we did not test for
- If PFAS or PCBs are harming your health
- If PFAS or PCBs will harm your health in the future



Will my home's water be tested for PFAS?

- As part of this study, we may ask to test the drinking water in your home for PFAS. A trained sanitarian would come to your home and sample the tap water. You are under no obligation to agree to this sampling.
- If we test your drinking water, we will send you the test results in the mail.

How will you protect information I provide?

- We will store your answers and test results using a code number and not your name. Your name and contact information will be stored separate from your answers and test results. This means only authorized staff can match you with your test results.
- Most of the records that will be kept are electronic and will be kept securely in an electronic file. Some paper records may be collected. These will be stored securely in a locked file cabinet, first at the study office and later at the MDHHS office in Lansing, Michigan.
- Only certain study staff at MDHHS will have access to your information and test results. Laws prohibit all project staff from disclosing your information.

Will other people know my test results if I participate?

- To protect your privacy, we will store your results using a code number instead of your name. All the information collected for this project is confidential and protected by Michigan law. Study staff are bound by law not to disclose your information.
- Anything written publicly about the project will only describe group results. It will not include information that could identify any individual participant, such as a name or address.
- We expect other researchers will request data and/or samples from this study to answer other questions about PFAS. On the Informed Consent document, you will select whether you give permission to MDHHS to share your contact information, de-identified survey answers and test results, and de-identified samples (if requested prior to the end of the study).
 - If you give permission, MDHHS will remove all information that could identify you from your survey answers and test results. MDHHS would not need to obtain another consent from you before sharing this type of unidentifiable ("de-identified") information.



- Then researchers that have an MDHHS IRB-approved study protocol and have completed a Data Use Agreement (that is, meet MDHHS privacy and security requirements) will be able to get contact information, de-identified survey answers and test results, and de-identified samples from this study.
- You will have the opportunity to decide if you want MDHHS to share identifiable information (survey answers, test results, and/or samples) with a researcher outside of MDHHS. We will not share your identifiable information and/or samples without your written permission. After you have given your permission, researchers that have an MDHHS IRB-approved study protocol and have completed a Data Use Agreement (meet MDHHS privacy and security requirements) will be provided your identifiable information and/or samples.

What if I still have questions?

- If you have questions about the study, please call **855-322-3037**.
- Project updates will be provided at Michigan.gov/DEHbio and at Michigan.gov/PFASresponse under the Health tab.

Accepted Forms of Identification

Accepted Forms of Identification for Adult Participants or Parents/Guardians
Accompanying Minor Participants

Please bring one photo ID, such as:

- Driver's license
- Passport
- Certificate of citizenship
- Certificate of naturalization
- State-issued photo ID
- Government employment ID card
- Student photo ID card issued by a U.S. college or university
- Military photo ID
- Credit card or bank card (with photo and name)
- Green card (U.S. resident alien card)
- Other forms of ID may be accepted if they include *both* your name *and* a picture of you

Minors participating in the study will not need an ID. However, a parent/guardian will need to provide their ID at the minor's appointment, even if the parent/guardian is not participating.

You will not be able to receive your gift card if you do not have an accepted form of ID.

If you are unsure if your ID will be accepted, please call 855-322-3037.



COVID-19 Safety Measures

The Michigan Department of Health and Human Services (MDHHS) is committed to protecting your health while you take part in the Michigan PFAS Exposure and Health Study (MiPEHS).

STUDY OFFICE VISIT PRECAUTIONS



BEFORE YOUR STUDY OFFICE VISIT, PLEASE:

- ✓ Answer COVID-19 screening questions when you call to make an appointment.
- ✓ Complete the study survey online to reduce time in the office.



STUDY STAFF ARE REQUIRED TO:

- ✓ Screen for COVID-19 symptoms and exposure before every work shift.
- ✓ Wear face coverings and gloves.
- ✓ Sanitize appointment areas and surfaces between each appointment.
- ✓ Remain 6 feet from participants unless drawing blood or taking body measurements.



DURING YOUR STUDY OFFICE VISIT, PLEASE:

- ✓ Wait in your vehicle until staff bring you into the study office.
- ✓ Answer COVID-19 screening questions that one of our staff will ask you.
- ✓ Have your temperature taken upon entering building.
- ✓ Wear a mask or other face covering. Face coverings will be available if you don't have one.



COVID-19 Safety Measures for PFAS Health Studies (cont.)

WATER SAMPLING VISIT PRECAUTIONS



DURING YOUR WATER SAMPLING VISIT, MDHHS STAFF ARE REQUIRED TO:

- ✓ Screen for COVID-19 symptoms and exposure before every work shift.
- ✓ Wear a face covering and gloves.
- ✓ Remain 6 feet from household members when possible.



DURING YOUR WATER SAMPLING VISIT, PLEASE:

- ✓ Answer COVID-19 screening questions that MDHHS staff will ask.
- ✓ Wear a face covering while the MDHHS employee is in your home.
- ✓ Maintain personal distance of 6 feet from MDHHS employee.

HAVE STUDY QUESTIONS? WANT TO ENROLL?

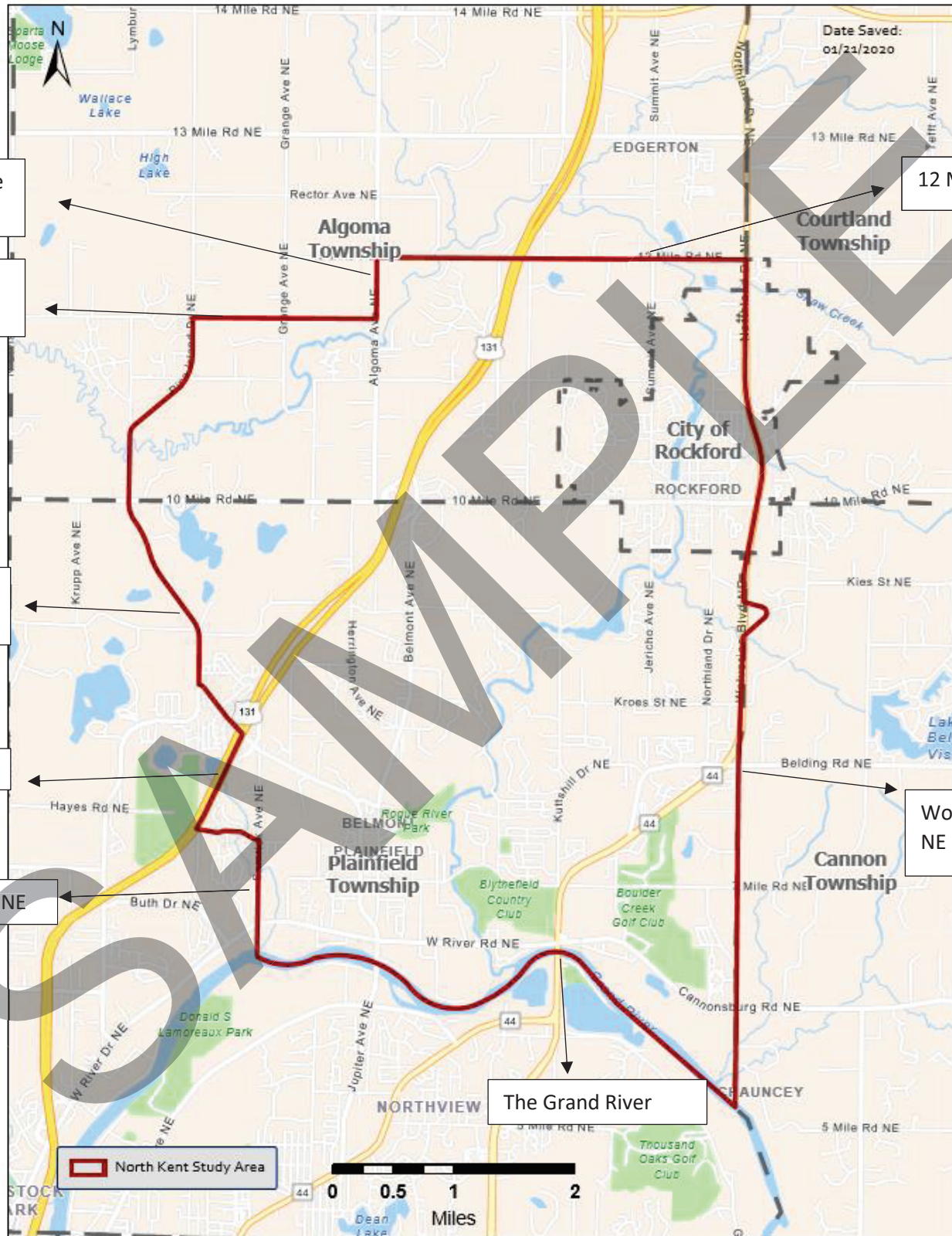
Call 1-855-322-3037



Visit www.Michigan.gov/DEHbio and
click on MiPEHS to find out more.



Reference Map #1: Belmont/Rockford Area



GRANT

MAPLE
VALLEY TWP

TRUFANT

SAND LAKE

SOLON TWP

SPRINGS

OAKFIELD
TWP

Rogue River
upstream of
Rockford Dam

Rockford Dam

Rockford Dam

Freska Lake

4300 Cannonsburg
Road ponds

NORTHVIEW

Kent

PARNELL

Walden Lake

VERGENNES
TWP

LOWELL

Gerald R Ford
Int'l Airport

BOWNE 10

Date Saved:
07/27/2020

- Belmont/Rockford area Fish & Game Boundary
- Belmont/Rockford area Fish and Game Locations
- Rogue_River

0 2.5 5 Miles