



# Blood Testing for PFAS

Per- and polyfluoroalkyl substances (PFAS) are human-made chemicals that have been used in manufacturing and commercial products since the 1940s. PFAS have also strayed outside of the factory and can be found in food, drinking water, surface water, groundwater, air, and wild game. Most Americans have PFAS in their blood. While a blood test can identify and measure certain types of PFAS in your blood, you don't need a PFAS blood test to start reducing your exposure to PFAS.

## Have I been exposed to PFAS?

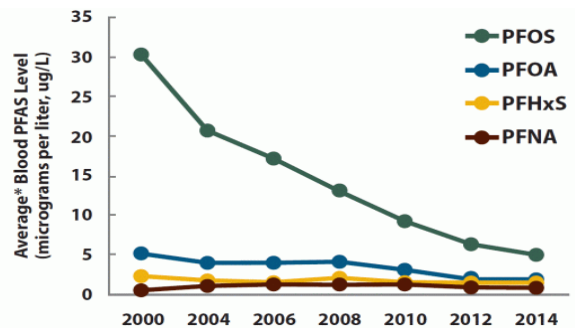
### Most Americans have PFAS in their blood.

You have likely been exposed to PFAS as they are commonly used in many household and commercial products.

The Centers for Disease Control and Prevention (CDC) conducted a study between 2000-2014 and found 98% of Americans have some amount of PFAS in their blood. However, as more is learned about PFAS, certain kinds are being used less often. As a result, the average blood levels of those PFAS in the population are going down.

If you live in an area that is known to have high levels of PFAS in the drinking water or if you eat fish and wild game that are contaminated with PFAS, you may have more PFAS in your blood than the average person.

Blood Levels of the Most Common PFAS in People in the United States from 2000-2014



\* Average = geometric mean  
Data Source: Centers for Disease Control and Prevention. Fourth Report on Human Exposure to Environmental Chemicals, Updated Tables, (January 2017). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

## What can a blood test for PFAS tell me?

**While it may seem helpful to have your blood tested, consider these facts about PFAS testing:**

- Doctors cannot currently predict health problems related to PFAS based off a PFAS blood test.
- PFAS blood tests can be very expensive and insurance companies may not cover them.

### A blood test for PFAS can tell you:

- The amount of certain types of PFAS in your blood at the time it was drawn, and
- How the amount of PFAS in your blood compares to the average of blood PFAS levels in the U.S. population.

### A blood test for PFAS cannot tell you:

- When and how you were exposed or how much PFAS you were exposed to, or
- If any past, present, or future health problems are due to your level of exposure.

## What can I do if I am concerned about exposure to PFAS?

If you are concerned about past or current exposure to PFAS, one of the most important things you can do to protect your health is to have routine check-ups with your health care provider. If you live in an area that is known to have high levels of PFAS, you may want to tell your health care provider about your concerns. You can find out more about how to talk with your health care provider about PFAS at [atsdr.cdc.gov/pfas/health-effects/talk-to-your-doctor.html](https://atsdr.cdc.gov/pfas/health-effects/talk-to-your-doctor.html).

## How can I reduce my exposure or my family's exposure to PFAS?

### Avoid eating fish and some wild game caught in areas with high levels of PFAS.

MDHHS has issued Eat Safe Fish guidelines for some bodies of water in Michigan due to PFOS (a type of PFAS) levels in fish filets. Check the Eat Safe Fish guidelines for the complete listings as other chemicals can be found in fish filets.

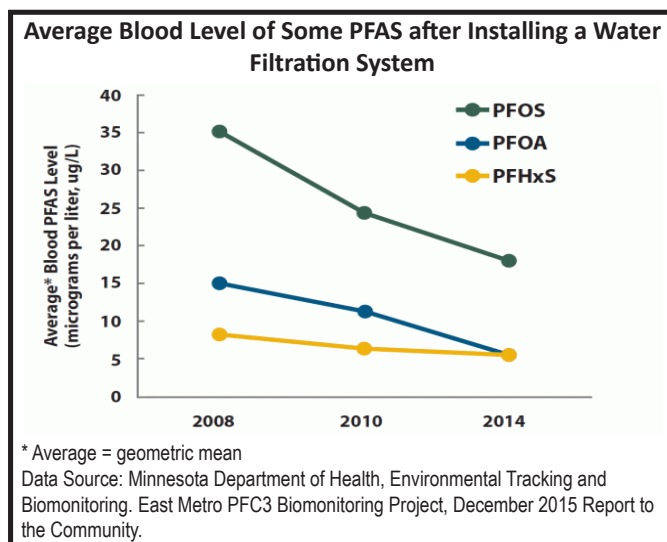
MDHHS recommends people avoid eating the organs of fish and wild game as they could have higher chemical levels. Some areas in the state also have wild game advisories due to concerns about PFAS contamination. Find out more at [Michigan.gov/EatSafeFish](https://Michigan.gov/EatSafeFish).

### Consider using a water filter certified to remove PFAS.

If you have PFAS in your water, a water filtration system can help reduce your exposure. The Minnesota Department of Health found that blood levels of certain PFAS went down after a water filtration system was installed.

### Wash childrens' hands often.

Because small children play on the floor and often put their hands in their mouths, they can be exposed to PFAS from dust in the home or from items that may have been treated with PFAS. Their exposure can be limited by washing hands after play and before eating.



## References

[atsdr.cdc.gov/pfas/health-effects/talk-to-your-doctor.html](https://atsdr.cdc.gov/pfas/health-effects/talk-to-your-doctor.html)

[Michigan.gov/eatsafefish](https://Michigan.gov/eatsafefish)

[atsdr.cdc.gov/pfas/health-effects/exposure.html](https://atsdr.cdc.gov/pfas/health-effects/exposure.html)



**For more information about PFAS and your health,  
call 800-648-6942.**