



# Perfluorinated Compounds (PFCs) and water - drinking and other uses



## Drinking water sources in the Security, Widefield, Fountain area

There are several aquifers that supply this region with drinking water via groundwater wells, including the Windmill Gulch aquifer and the Widefield aquifer. Drinking water sources delivered to your tap can be treated water directly from groundwater wells, water that is blended from multiple wells or with treated reservoir water, or solely from treated reservoir water.

## Who provides my drinking water?

If you receive a water bill, then you are connected to a public drinking water system such as Security, Widefield or Fountain water districts. If your water bill is included in association dues, contact the manager to determine which system provides your water.

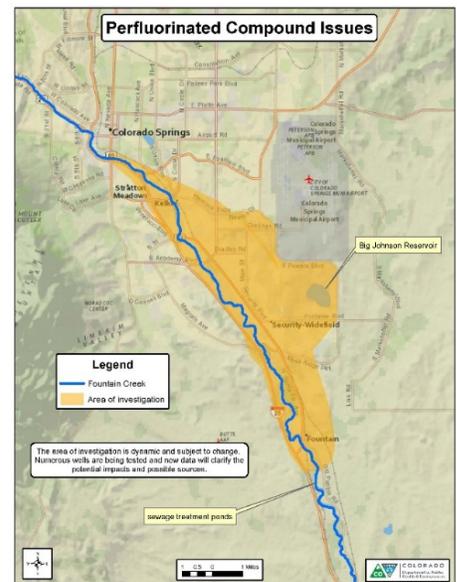
If you do not receive a bill, you could be served by a private well. El Paso County Public Health is working with private well owners who want more information about PFCs. The Colorado Department of Public Health and Environment is working with other small utilities in the Fountain Valley area to collect drinking water samples and test for PFCs.

## I have a private well. Who do I call to get more information?

El Paso County Public Health is providing well testing free of charge. Please [contact their office](#) for additional assistance.

## How do I know if levels of PFCs in my water are above health advisory value?

Please contact your water provider or consult the [CDPHE table on the PFC webpage](#) to determine the level of PFCs in your drinking water. On the CDPHE website, in some cases, you will be referred to a map to locate neighborhood specific information.



## Contacts

- El Paso County Public Health  
719-575-8602
- City of Fountain customer service  
719-322-2010
- Widefield Water and Sanitation District  
719-390-7111
- Security Water District  
719-392-3475
- Environmental Protection Agency (EPA)  
Public - 303-312-6351 Katherine Jenkins  
Media - 303-312-6077 Lisa McClain-Vanderpool
- Colorado Department of Public Health and Environment  
303-692-2700 [cdphe\\_tox-call@state.co.us](mailto:cdphe_tox-call@state.co.us)

## What should I do?

**PRIVATE WELL** - As a precaution, individuals who have private wells in the Security/Widefield/Fountain area that have not been tested or exceed the new health advisory may consider other sources of water. This especially is important for women who are pregnant, planning to become pregnant, or breastfeeding as well as bottle-fed infants. Alternate sources of water include bottled water or water that is treated under the sink by a reverse osmosis system. El Paso County Public Health currently offers free water tests for residents who use private wells and live in the mapped area. Call 719-575-8602 to set up an appointment.

**PUBLIC WATER SYSTEM** -Please consult with your water system or the state health department's table of water systems and map if indicated to determine the PFC levels where you live. If PFC levels are above the health advisory - you may consider other sources of water. This especially is important for women who are pregnant, planning to become pregnant, or breastfeeding as well as bottle-fed infants. Alternate sources of water include bottled water or water that is treated under the sink by a reverse osmosis system.

## How can PFCs be removed from my water?

PFCs are not removed from water by boiling. Certain treatments can remove PFCs from drinking water. One treatment that works is reverse osmosis, which can be installed under your sink. Reverse osmosis equipment can be purchased at local home improvement stores.

## Can I cook with the water?

If the levels of PFCs in your water are above the health advisory level, consider using alternate sources of water for foods where the water is absorbed or consumed such as soups, rice, and beans. Tap water can be used to wash produce and cook other dishes as very little of this water is consumed.

## Can I use the water for showering and bathing?

PFCs do not easily enter the body through the skin. Bathing, swimming and showering with water that has levels of PFCs above the health advisory values is safe as long as you avoid swallowing the water. Supervise small children when they are bathing and brushing teeth to ensure they do not swallow the water.

## Can I use the water for laundry?

Very little water remains on clothing and fabric that has been washed. Because these articles are not placed in your mouth, you may use water with PFC levels above the health advisory values for general cleaning and washing your clothing, bedding and linens.

## Can I use the water in a humidifier?

If the levels of PFCs in your water are above the health advisory levels, use distilled or treated water in your humidifier.

## Can my pets drink the water?

The health effects from PFCs on animals are probably similar to the effects on people. If the levels of PFCs in your water are above the health advisory values or you are concerned about the health of your pet, use bottled or treated water for drinking and food preparation.

## Can I use the water for my garden?

At this time, we do not have enough information to advise you. However, limited scientific information seems to show that different types of produce have different levels of PFCs. Root vegetables and leafy vegetables can take in PFCs from water and soil they are grown in, but other types of produce (such as grains and fruits) take in less PFCs.

## Web resources

- Colorado Department of Public Health and Environment: [www.colorado.gov/cdphe/pfcs](http://www.colorado.gov/cdphe/pfcs)  
[www.colorado.gov/cdphe/low-birth-weight](http://www.colorado.gov/cdphe/low-birth-weight)
- El Paso County Public Health: [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org)
- Environmental Protection Agency (EPA): [www.epa.gov/chemical-research/perfluorinated-chemical-pfc-research](http://www.epa.gov/chemical-research/perfluorinated-chemical-pfc-research)  
[www.epa.gov/wqs-tech](http://www.epa.gov/wqs-tech)
- Agency for Toxic Substances & Disease Registry: [www.atsdr.cdc.gov/Toxfags/](http://www.atsdr.cdc.gov/Toxfags/)
- Center for Disease Control: [www.cdc.gov/biomonitoring/PFCs\\_FactSheet.html](http://www.cdc.gov/biomonitoring/PFCs_FactSheet.html)