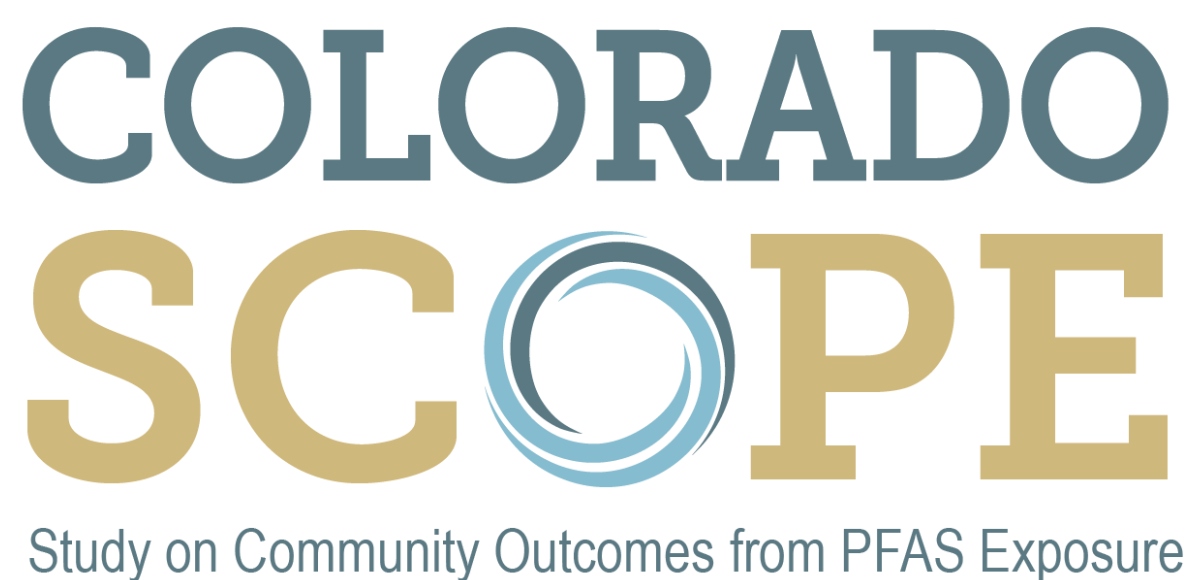




PUBLIC WATER IN FOUNTAIN VALLEY

- All Fountain Valley public water systems now have PFAS levels below the EPA Health Advisory.
- Ion-exchange water treatment systems are being operated in Widefield and Stratmoor Hills. Systems are currently under construction in Fountain and Security.
- Currently the City of Fountain uses a granular activated carbon system in combination with uncontaminated water from the Pueblo Reservoir and Security is sourcing water from nearby Colorado Springs.
- To find out more about what your local water district has done to remove PFAS from the water, contact your district's office:

Security: 719-392-3475

Fountain: 719-322-2010

Widefield: 719-390-7111

Stratmoor Hills: 719-576-0311

PRIVATE WELL TESTING

- If you live in the impacted area, and your drinking water comes from a private well, it should be tested for PFAS and other contaminants
- For individuals on private wells, reverse osmosis, and granulated carbon filters are effective at removing PFAS
- For information on testing, please call El Paso County Public Health at 719-578-3131

REDUCING PFAS EXPOSURE

AVOID

Teflon cookware

Stain-resistant carpets, upholstery, waterproofing sprays

Microwave popcorn

Greasy foods wrapped in paper

Products with PTFE or "flouro" ingredients

SEEK

Cast iron, stainless steel, glass, or enamel cookware

Regular home cleaning schedules (damp cloth and wet mop to remove dust)

Fresh foods and at-home cooking

Uncoated nylon or silk dental floss

FOR MORE INFORMATION VISIT: [CDPHE.COLORADO.GOV/PFAS](https://cdphe.colorado.gov/pfas)

TALKING WITH YOUR PROVIDER ABOUT PFAS

- Share your concerns about the health effects of PFAS exposure with your doctor
- Provide your doctor with ATSDR's "Clinicians Fact Sheet": <https://www.atsdr.cdc.gov/pfas>
- If your doctor knows little about PFAS, encourage them to attend PFAS education sessions and to contact CO SCOPE study staff for more information