

# PFAS Resources

## A Note about PFAS

By now you've probably heard about PFAS, highly toxic man-made chemicals that are found throughout the United States, and the world. Sadly, most humans have already been exposed to them. They persist in water and soil and in our bodies and right now we don't have a way to remove them. For now, one thing we can do as individuals is to try to prevent our continued exposure. Information is available online about the kinds of products that commonly contain PFAS.

Fortunately, and unfortunately, there is also a ton of other information about PFAS online. It can be a bit overwhelming and confusing.

Rather than duplicating information that is well summarized elsewhere, we will point you to what we think are some of the best resources for finding answers to your questions.

This is an alarming situation, particularly for farmers who are facing tremendous stress and worry and, in some cases, outright ruin. Our hearts go out to all farmers in Maine, and to everyone else in our beautiful State and beloved Waldo County. Like you, we're concerned about everyone's health, safety and livelihood. Stay strong. We will get through this together!

--Waldo County Soil & Water Conservation District

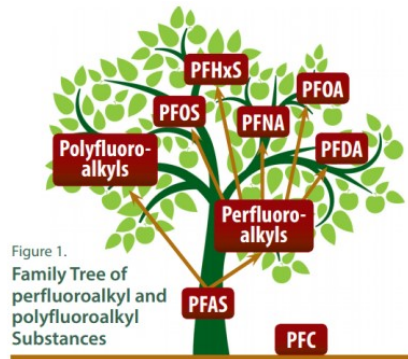


Figure 1.  
Family Tree of  
perfluoroalkyl and  
polyfluoroalkyl  
Substances

Source: PATTYCOOKS Family Tree of PFAS Substances (11/8/19)  
[Online Image] <https://pattycooks.com/pfas-pfwhat/relief-fund/>

## PFAS Fact Sheets\*

- “PFAS: What can I do to protect myself and my farm?”

<https://drive.google.com/file/d/1yd2eCP2KEvM8479orBxbJcuZ6ePoMDMg/view>

- “PFAS Maine Farmer Information and Support”

<https://www.mofga.org/resources/toxics/pfas-maine-farmer-information/>

*A Word to the Wise: some of your questions may not have answers yet. For example, it appears we don't know exactly where all PFAS-contaminated sludge has been spread around the State. Maine DEP has created a priority list and has begun testing the highest priority (“Tier 1”) sites in Maine. They hope to complete all Tier 1 sampling in 2023 and sampling of all sites by 2025. See the University of Maine Cooperative Extension “Guide to Investigating PFAS Risk on Your Farm” for full details <https://extension.umaine.edu/agriculture/guide-to-investigating-pfas-risk-on-your-farm/>.*

\*For easier access to all URLs/Hyperlinks provided on this resource sheet, look for this information on our website: <https://waldocountysoilandwater.org/>.

## Maine Department of Environmental Protection (DEP)

- PFAS Portal

<https://www.maine.gov/dep/spills/topics/pfas/index.html>

- Maine PFAS Screening Levels

<https://www1.maine.gov/dep/spills/topics/pfas/Maine-PFAS-Screening-Levels-Rev-6.28.21.pdf>

- PFAS sampling for Homeowners

<https://www.maine.gov/dep/spills/topics/pfas/PFAS-homeowner-sampling.pdf>

### Maine PFAS Locations

*(NOTE: these sites are known to have been permitted and licensed for storage but sludge may not have been spread at these locations)*

- List of Sludge Permitted Sites in Maine

<https://www1.maine.gov/dep/spills/topics/pfas/2020-11-12-sludge-bioash-land-application.xlsx>

- “EGAD Septage and Sludge Sites”

<https://maine.maps.arcgis.com/apps/webappviewer/index.html?id=468a9f7ddcd54309bc1ae8ba173965c7>

- “PFAS Data Map”

<https://maine.maps.arcgis.com/apps/webappviewer/index.html?id=815b4093464c405daf7a17e43a1d9da7>



The “**Maine EGAD Site Types**” map shows some sites that were licensed for spreading but never received any material. (<https://maine.maps.arcgis.com/apps/webappviewer/index.html?id=44cc6e0291844e19a8eeb3362e22128e>) However, there are also sites where spreading occurred that are not indicated on the map. There appear to be various reasons for this, one of which has to do with differences between the Classes of biosolids. (Refer to the UMaine

Coop Extension Guide mentioned earlier, Appendix B, for more detail).

For more information about locations and quantities of material applied, you may find this spreadsheet helpful:

<https://www.maine.gov/dep/spills/topics/pfas/2020-11-12-sludge-bioash-land-application.xlsx>.

To see test results gathered by DEP up to now see the “**PFAS Data Map**” (<https://maine.maps.arcgis.com/apps/webappviewer/index.html?>

Image Source: Interstate Technology Regulatory Council (2022) [Online Image] <https://itrcweb.org/teams/active/pfas>

## Maine Inland Fish & Wildlife (IF&W)

- Deer Consumption Advisory

<https://www.maine.gov/ifw/hunting-trapping/hunting-resources/deer/index.html>



Image Source: Pillsbury Policyholder Pulse (2022) [Online Image] <https://www.policyholderpulse.com/pfas-insurance/>

## Maine Department of Agriculture, Conservation & Forestry (DACF)

- PFAS Portal

<https://www.maine.gov/dacf/ag/pfas/index.shtml>

## University of Maine Cooperative Extension Service

UMaine's Coop Extension has compiled an extremely useful "PFAS Contamination Response" webpage (<https://extension.umaine.edu/pfas-contamination-response/>).

### Supplemental Resources: FAQs about PFAS Contamination

For more information, download FAQs about PFAS contamination and what to do if you are concerned about contamination on your farm:

Brochure to Download (English):

**What can I do to protect myself and my farm? Knowledge is the best way to ease your worries and fears. (PDF)**

(Maine Farmland Trust website)

Brochure to Download (Spanish):

**PFAS: ¿Qué puedo hacer para protegerme a mí y a mi finca? El conocimiento es la mejor manera de tranquilizar sus preocupaciones y miedos. (PDF)**

(Maine Farmland Trust website)

Resources include:

1. Assessing PFAS contamination on Dairy Farms in Maine
2. Guide to Investigating PFAS Risk on Your Farm
3. What can I do to protect myself and my farm?
4. Understanding PFAS and Your Home Garden
5. Resources for Building Resilience

Appendices include PFAS data maps and a spreadsheet, guidance for sampling and interpreting lab results. The webpage also offers FAQ brochures in both English and Spanish.

Also see: "Farm Coaching: Supporting Relationships for Farm Success" (<https://extension.umaine.edu/maine-farmer-resource-network/farm-coaching-supporting-relationships-for-farm-success/>).

## Maine Organic Farmers & Gardeners Association (MOFGA)

- PFAS Resources (including an excellent recorded webinar presentation)

<https://www.mofga.org/pfas/>

- PFAS Maine Farmer Information and Support

<https://www.mofga.org/resources/toxics/pfas-main-farmer-information/>

- PFAS Emergency Relief Fund (a partnership with Maine Farmland Trust)

<https://www.mofga.org/pfas/pfas-emergency-relief-fund/>



Source: Maine Organic Farmers & Gardeners Association PFAS Pathways (2022)  
[Online Image] <https://www.mofga.org/>.



## PFAS Emergency Relief Fund



Source: Maine Farmland Trust PFAS Emergency Relief Fund (2022) [Online Image] <https://www.maineFarmlandtrust.org/farm-viability/pfas-emergency-relief-fund/>

## Maine Farmland Trust (MFT)

- PFAS Portal

<https://www.maineFarmlandtrust.org/public-outreach-new/public-policy/take-action-on-pfas/>

- PFAS in Maine Agriculture

<https://www.maineFarmlandtrust.org/farm-viability/pfas-in-main-agriculture/>

## Maine Legislative Action

Six bills were passed in Maine's **2021 legislative session** (see this Maine Public news story for a summary of those bills <https://www.mainepublic.org/health/2021-07-09/maine-lawmakers-pass-package-of-bills-to-address-forever-chemical-threat>).

Four more bills are being considered in the **2022 legislative session** (outlined on this MOFGA webpage <https://www.mofga.org/advocacy/take-action-on-pfas/> ).



## Maine Center for Disease Control & Prevention (CDC)

- Water Testing Information

<https://www.maine.gov/dhhs/mecdc/environmental-health/dwp/pws/pfas.shtml>

- Maine CDC Fact Sheet

<https://www.maine.gov/dhhs/mecdc/environmental-health/dwp/cet/documents/PFASfactsheet.pdf>

## PFAS and Human Health

- Agency for Toxic Substances and Disease Registry (U.S. DHHS)

<https://www.atsdr.cdc.gov/pfas/health-effects/index.html>

- Harvard School of Public Health

<https://www.hsph.harvard.edu/news/hsph-in-the-news/pfas-health-risks-underestimated/>



## Water & Soil Testing Options

PFAS testing is more complicated than other soil and water tests. Because PFAS is present in many common household products, it is recommended that you hire professionals to collect samples, especially for soil, to prevent accidental contamination of the sample.

*There aren't many labs in Maine that can analyze the samples.*

- Maine DEP List of Approved PFAS Labs

[https://www1.maine.gov/dep/spills/topics/pfas/03222019\\_Sludge\\_Memorandum.pdf#page=14](https://www1.maine.gov/dep/spills/topics/pfas/03222019_Sludge_Memorandum.pdf#page=14)

### Waldo County Consultant

Northern Tilth, Andrew Carpenter

Belfast

338-5500

[andrew@northerntilth.com](mailto:andrew@northerntilth.com)

Private consultant

\$275-350/sample plus hourly fees; does water; may not do soil testing.

## Other Resources

- Maine PFAS Task Force Report, January 2020

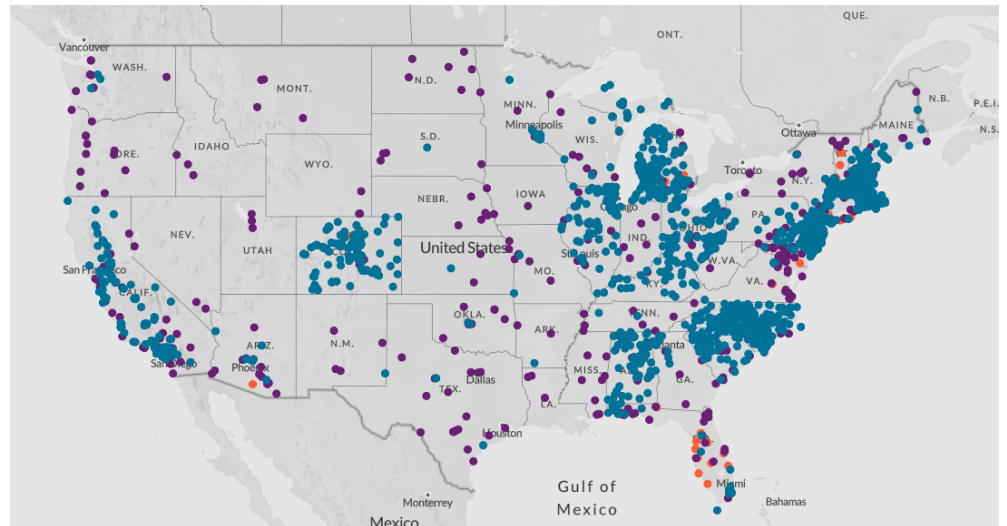
[https://www.maine.gov/pfastaskforce/materials/report/PFAS-Task-Force-Report-FINAL-Jan2020.pdf?fbclid=IwAR2sCi9y0ynZ8U36o\\_O6EpvMmZgfrwwdxxxdCX6sO1PA-kl6KvCOF9b5hos](https://www.maine.gov/pfastaskforce/materials/report/PFAS-Task-Force-Report-FINAL-Jan2020.pdf?fbclid=IwAR2sCi9y0ynZ8U36o_O6EpvMmZgfrwwdxxxdCX6sO1PA-kl6KvCOF9b5hos)

- Defend Our Health (advocating for Maine Farmers)

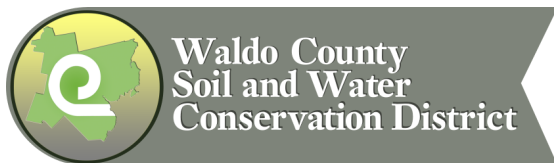
<https://defendourhealth.org/campaigns/safe-food/sludge-dumping/>

- Environmental Working Group (interactive U.S. Map of PFAS sites)

[https://www.ewg.org/interactive-maps/pfas\\_contamination/](https://www.ewg.org/interactive-maps/pfas_contamination/)



Source: Environmental Working Group PFAS Contamination in the U.S. (10/4/21) [Online Image] [https://www.ewg.org/interactive-maps/pfas\\_contamination/map/](https://www.ewg.org/interactive-maps/pfas_contamination/map/)



Waldo County  
Soil and Water  
Conservation District

46 Little River Dr.

Belfast, ME 04915

(207)218-5311

From UMaine Coop Extension:

**If you or someone you know is in crisis, there are many helplines available to call or text**

If you are feeling like it is hard to cope, remember that there are people who want to help. When stress builds high enough that you are suffering, asking for help can ease the load.

No one should have to suffer alone.

**Click below to find talk and text lines:**

### **Mental Health Resources for Farmers**

- [Maine's Farm and Ranch Stress Assistance Network](https://extension.umaine.edu/agriculture/maine-frsan/agricultural-resilience/help-lines/)

<https://extension.umaine.edu/agriculture/maine-frsan/agricultural-resilience/help-lines/>

- [MOFGA's Roadmap for Addressing PFAS Contamination](https://docs.google.com/document/d/1criNuLZZAxLAnRSJUhlQCu32WX-z6o6a/edit)

<https://docs.google.com/document/d/1criNuLZZAxLAnRSJUhlQCu32WX-z6o6a/edit>