



READINESS

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
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WASHINGTON, D.C. 20301-4000

MEMORANDUM FOR ASSISTANT SECRETARY OF DEFENSE FOR HEALTH AFFAIRS
ASSISTANT SECRETARY OF THE ARMY (INSTALLATIONS,
ENERGY & ENVIRONMENT)
ASSISTANT SECRETARY OF THE NAVY (ENERGY,
INSTALLATIONS & ENVIRONMENT)
ASSISTANT SECRETARY OF THE AIR FORCE (ENERGY &
ENVIRONMENT)
DIRECTOR, DEFENSE LOGISTICS AGENCY
DIRECTOR, WASHINGTON HEADQUARTERS SERVICE
DIRECTOR, DEFENSE HEALTH AGENCY
CHIEF, NATIONAL GUARD BUREAU

SUBJECT: Transmittal of Template for Informing DoD Firefighters of Blood Test Results for
Per- and Polyfluoroalkyl Substances Exposure

This memo provides the template to be used by Occupational Medicine (OM) and other health care providers when they inform DoD Firefighters of their blood testing results for levels of Per- and Poly-fluoroalkyl Substances (PFAS). This blood testing is required by Section 707 of the National Defense Authorization Act for Fiscal Year 2020, which states: "Beginning on October 1, 2020, the Secretary of Defense shall provide blood testing to determine and document potential exposure to perfluoroalkyl and polyfluoroalkyl substances (commonly known as "PFAS") for each firefighter of the Department of Defense during the annual physical exam..."

The enclosed template memorandum will be used by OM and other health care providers to provide consistent health communication to all DoD firefighters. This template memorandum provides each firefighter their PFAS blood testing results, the purpose of the PFAS blood testing, interpretation of PFAS blood test results, and sources of additional information concerning PFAS exposure and health effects.

The DoD Components will distribute this template memo to health care providers who perform PFAS testing. The content of this template will not change without approval by the Office of the Assistant Secretary of Defense for Readiness.

My point of contact is Mr. John Seibert, john.f.seibert.civ@mail.mil, or 571-372-6898.

A handwritten signature in black ink, appearing to read "T. Constable", written over a white background.

Thomas A. Constable
Acting Assistant Secretary of Defense for
Readiness

Enclosure:
As stated

Enclosure

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MEMORANDUM FOR (Firefighter's Name and DoD Identification Number)

FROM: (Installation/Medical Treatment Facility/Medical Group) Occupational Medicine

SUBJECT: Results of Your Per- and Polyfluoroalkyl Substances (PFAS) Blood Testing

This letter provides your PFAS test results. In compliance with Section 707 of the National Defense Authorization Act (NDAA) for Fiscal Year 2020, the DoD is offering PFAS blood testing in conjunction with your annual firefighter occupational health screening exam. We understand that you may have questions about your test results. Please discuss these results with your personal health care provider or our occupational medicine team. Attached is a summary of your blood sample results.

This laboratory test assesses your past exposures to the six PFAS included in this test. PFAS is found throughout the U.S. as part of food packaging, stain resistant products, non-stick cookware coatings, and Aqueous Film Forming Foams used commonly in legacy firefighting systems.

What Do These Results Mean to Your Health?

The attached lab results show the concentration of six specific PFAS found in your blood: perfluorooctanesulfonic acid (PFOS), perfluorooctanoic acid (PFOA), perfluorobutanesulfonic acid (PFBS), perfluoroheptanoic acid (PFHpA), perfluorohexanesulfonic acid (PFHxS), and perfluoronanoic acid (PFNA). Your results are reported in units of micrograms of PFAS per liter of blood ($\mu\text{g/L}$). One $\mu\text{g/L}$ equals one part per billion, equivalent to about one drop of ink in a large tanker ship.

These results tell you how much PFAS are currently present in your body from all sources combined, such as water, food, and other environmental sources.

Scientists are not currently certain of the effects that PFAS levels in the blood have on a person's health, therefore, research by other Federal agencies to better understand the health effects associated with PFAS exposure is ongoing.

Studies have examined possible relationships between levels of PFAS in blood and harmful health effects in people. However, not all of these studies involved the same groups of people, the same type of exposure, or the same PFAS. Therefore, these different studies reported a variety of health outcomes. Research involving humans suggests that high levels of certain PFAS may lead to the following:

- Increased cholesterol levels
- Changes in liver enzymes
- Decreased vaccine response in children
- Increased risk of high blood pressure or pre-eclampsia in pregnant women
- Small decreases in infant birth weights
- Increased risk of kidney or testicular cancer

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At this time, scientists are still studying the health effects of exposures to different PFAS. Humans and animals react differently to PFAS, and not all effects observed in animals may occur in humans. It is important to remember that the likelihood of adverse health effects probably depends on several factors, such as the concentration of PFAS, as well as the frequency and duration of exposure. More frequent exposure can increase risk. Higher concentration and length of time exposed can lead to increased risk.

Next Steps

Please contact your health care provider to discuss any medical questions you may have. Your personal test results will be kept private.

More Information

If you or your private medical provider have any medically-related questions about these results or wish to further discuss these results, please contact your servicing occupational medicine clinic.

- For additional information about PFAS from the U.S. Centers for Disease Control and Prevention (CDC) and Agency for Toxic Substances and Disease Registry (ATSDR), please visit: <http://www.atsdr.cdc.gov/pfas/index.html>.
- For additional information about PFAS from the U.S. Environmental Protection Agency, please visit: <https://www.epa.gov/PFAS>.
- For additional information about PFAS from the Department of Defense, please visit: <https://health.mil/Military-Health-Topics/Combat-Support/Public-Health/PFAS>.