

The Center School, Stow

Important Information for all consumers receiving Drinking Water from our system

-- Translate it or speak with someone who understands it --

Important Notice: This notice provides important information regarding your drinking water and contaminants known as Per- and Polyfluoroalkyl Substances (PFAS). Although the most recent sampling results for the Center School showed PFAS in the drinking water, the results were below the current health guideline established by the United States Environmental Protection Agency (EPA) and Massachusetts Department of Environmental Protection (MassDEP). This notice provides information about MassDEP's ongoing efforts to address PFAS in drinking water and provide health-protective guidelines.

The EPA in 2016 published a drinking water Health Advisory Level for two of the PFAS compounds (Perfluorooctanesulfonic acid [or PFOS], and Perfluorooctanoic acid [or PFOA]) combined at 0.070 micrograms per liter (ug/L) or 70 parts per trillion (ppt). In June 2018, MassDEP issued an Office of Research and Standards guideline (ORSG) for drinking water of 0.070 ug/L or 70 ppt for five PFAS compounds combined. Those compounds are PFOA (Perfluorooctanesulfonic acid), PFOS (Perfluorooctanoic acid), PFNA (Perfluorononanoic acid), PFHxS (Perfluorohexanesulfonic acid) and PFHpA (Perfluoroheptanoic acid). The ORSG was established to be protective against adverse health effects for all people consuming the water for a lifetime and is also applicable to shorter-term exposures of weeks to months during pregnancy and breast-feeding.

Based on the current ORSG, MassDEP has recommended that:

- 1) consumers in sensitive subgroups (pregnant women, nursing mothers and infants) not consume water when the level of the five PFAS substances, individually or in combination, is above 70 ppt; and,**
- 2) public water suppliers take steps expeditiously to lower levels of the five PFAS, individually or in combination, to below 70 ppt for all consumers.**

As part of the agency's efforts to address PFAS compounds, MassDEP continues to review the current scientific information, studies and assessments on PFAS and based on this evaluation, MassDEP is undertaking the following actions:

- 1) MassDEP proposed draft amendments to the Massachusetts hazardous waste cleanup regulations (the Massachusetts Contingency Plan or "MCP"), that include groundwater and soil cleanup standards. Consistent with the proposed ORSG level described below, the proposed standard for groundwater that is currently used or could be used as drinking water is 20 ppt for the five compounds noted above plus PFDA (Perfluorodecanoic acid) (six total).
- 2) MassDEP's Office of Research and Standards has convened its Health Effects Advisory Committee to provide input on the technical basis of the proposed MCP standard and its implication for a potential revised ORSG with a limit of 20 ppt for the sum of the six PFAS compounds.
- 3) MassDEP also recently began the process to develop a drinking water standard for public drinking water systems, known as a Maximum Contaminant Level (MCL), for the six PFAS compounds

combined. Information on this effort, including information on stakeholder meetings, can be found at <https://www.mass.gov/lists/development-of-a-pfas-drinking-water-standard-mcl>.

What PFAS Levels have been detected in your drinking water, and what should you do?

Samples collected at the Center School on June 11, 2019 and confirmed on August 14, 2019 showed an average total of 24.5 ppt for the following five PFAS: PFOA, PFOS, PFNA, PFHxS and PFHpA].

- These results are below EPA's and MassDEP's current health advisory guidelines, but they are above the new 20 ppt guideline now under consideration by MassDEP. **If you are a sensitive consumer (pregnant women, nursing mothers, and infants) you can minimize your exposure by using bottled water that has been tested for PFAS** for drinking, making infant formula, and cooking foods that absorb water or use a home water treatment system that is certified to remove PFAS by an independent testing group such as NSF International, Underwriters Laboratories, Water Quality Association or the CSA Group. See MassDEP PFAS Factsheet for more information: https://www.mass.gov/files/documents/2018/06/11/pfas-in-dw-fs_0.pdf.
- Boiling water will not destroy PFAS and will somewhat increase their levels due to evaporation of some of the water.
- Because PFAS compounds are not well absorbed through the skin, you may safely use the water for bathing and showering. If you are concerned about your exposure, even though the risk is very low, you may want to use bottled water for brushing your teeth and cleaning items like dentures, pacifiers, and fruits and vegetables.
- If you have specific health concerns regarding your exposure, you may want to consult a health care professional, such as your doctor.

What is our water system doing?

Nashoba Regional School District is taking the following actions:

- We are investigating alternative sources of water and treatment options.
- We will continue to sample our water source(s) for PFAS on a quarterly basis.
- While actions are being implemented to lower the PFAS concentration in our water, bottled water is being made available. Pasta, rice, and other foods that absorb water will be prepared in Bolton and transported to the school. The drinking water in Bolton was non-detect for PFAS.
- We are working as expeditiously as possible to install treatment to remove the PFAS from Center School drinking water.
- We are also investigating the source of the PFAS with assistance from MassDEP .

What are PFAS and how are people exposed to them?

PFAS are fluorinated organic chemicals. Two PFAS chemicals, PFOA and PFOS (perfluorooctanoic acid and perfluorooctanesulfonic acid) have been the most extensively produced and studied of these chemicals. PFAS are contained in firefighting foams, which have been used in training exercises and to

extinguish oil and gas fires at a variety of locations including airfields and military installations. PFAS are also used in a number of industrial processes and have been used to manufacture carpets, clothing, fabrics for furniture, paper packaging for food and other materials (e.g., nonstick cookware) that are resistant to water, grease or stains. Because these chemicals have been used in many consumer products, most people have been exposed to them.

While consumer products and food are the largest source of exposure to these chemicals for most people, drinking water can be an additional source of exposure in communities where these chemicals have contaminated water supplies. Such contamination is typically localized and associated with a specific facility, for example, an airfield at which they were used for firefighting or a facility where these chemicals were produced or used.

Where can I get more information?

For more information on what NRSD is doing about this situation, please contact Rob Frieswick at rfrieswick@nrzd.net or the Stow Board of Health at health@stow-ma.gov.

You can also get more information on PFAS from the following sources:

- MassDEP Fact Sheet – PFAS in Drinking Water: Questions and Answers for Consumers https://www.mass.gov/files/documents/2018/06/11/pfas-in-dw-fs_0.pdf
- USEPA's Drinking Water Health Advisories can be found at: <https://www.epa.gov/ground-water-and-drinking-water/drinking-water-health-advisories-pfoa-and-pfos>
- The Centers for Disease Control and Prevention's Public Health Statement for PFOS and PFOA can be found at: <https://www.atsdr.cdc.gov/pfas/index.html>
- For additional information on possible health effects, you may contact the Massachusetts Department of Environmental Protection, Office of Research and Standards, at 617-556-1165.

This notice is being sent to you by:

PWS Name: The Center School/Stow Center School

PWS ID#: 2286007

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Translations for English Instructions

The translations below are examples state or public water systems may use. The translations are included in the *Preparing Your Drinking Water Consumer Confidence Report Guidance for Water Suppliers*. Translations are provided courtesy of the State of Washington Department of Health. None of these translations has been independently verified.

Translations for the English Text:	
“This report contains important information about your drinking water. Have someone translate it for you, or speak with someone who understands it.”	
<p>Amharic:</p> <p>ይህ ዘገባ ስለሚጠጡት ውሃ ጠቃሚ መረጃዎችን ይዟል ። ሌላ ጉዳዩን የሚረዳሰውን ገዳተኛ/ጉሙስዎን ወይም እንዲያስረዳዎት ያደርጉ ።</p>	<p>Arabic:</p> <p>هذا للتقرير يحتوي على معلومات مهمة عن ماء الشرب الذي تستخدمه. اطلب من شخص ما ان يترجمه لك لو يستطيع فهمه.</p>
<p>Cambodian (Khmer):</p> <p>រាយការណ៍នេះ មានសារៈសំខាន់ណាស់ គឺស្តីអំពីទឹកដែលលោកអ្នកអង្គុយផ្តល់។ ប្រសិនបើលោកអ្នកមិនយល់អ្វីអំពីរបៀបនេះទេ គួរសុំឲ្យអ្នកដទៃមកបកប្រែឲ្យលោកអ្នកឆ្លើយតប។</p>	<p>Chinese (simplified):</p> <p>此报告包含有关您的饮用水的重要信息。请人帮您翻译出来，或请看懂此报告的人将内容说给您听。</p>
<p>Chinese (traditional):</p> <p>此報告包含有關您的飲用水的重要資訊。請人幫您翻譯出來，或請能看懂此報告的人將內容說給您聽。</p>	<p>Farsi:</p> <p>این گزارش شامل اطلاعات مهمی در مورد آب آشامیدنی شما میباشد. از شخصی بخواهید که به شما ترجمه کنند و یا با شخصی که این موضوع را میفهمند صحبت بکنید.</p>
<p>French:</p> <p>Ce rapport contient des informations importantes à propos de votre eau potable. Demander à quelqu'un de traduire ces informations pour vous ou discuter avec une personne qui comprend ces informations.</p>	<p>Greek:</p> <p>Αυτή η αναφορά περιλαμβάνει σημαντικές πληροφορίες σχετικά με το πόσιμο νερό σας. Ζητήστε από κάποιον να σας τη μεταφράσει, ή μιλήστε με κάποιον που την καταλαβαίνει.</p>

<p>Hebrew:</p> <p>זוהו כולל מידע חשוב בנוגע למי השתייה שלכם. בקשו ממישהו שיתרגם אותו עבורכם, או שוחחו עם מיישור שמבין את תוכנו.</p>	<p>Hindi:</p> <p>यह रीपोरट में आपके पीने वाले पानी के बारे में जरूरी जानकारी है। किसी से जिसे इसका अनुवाद करना आता हो उस से बात करें।</p>
<p>Hmong:</p> <p>Dlaim ntawv tshaabxu nuav muaj lug tseemceeb heev nyob rua huv kws has txug cov dlej mej haus. Kuas ib tug paab txhais rua koj, los nrug ib tug kws paub lug thaam.</p>	<p>Japanese:</p> <p>このレポートには飲料水に関する重要な情報が記載されています。この英文を訳してもらるか、またはどなたか英語が分かる方にたずねてください。</p>
<p>Korean:</p> <p>이 보고서에는 귀하의 식수에 대한 중요한 내용이 실려있습니다. 그러므로 이 보고서를 이해할 수 있는 사람한테 번역해 달라고 부탁하시기 바랍니다.</p>	<p>Laotian:</p> <p>ໃບລາຍງານນີ້ມີຂໍ້ມູນສຳຄັນກ່ຽວກັບນ້ຳດື່ມຂອງທ່ານ ໃຫ້ຄົນອື່ນປຶກສາພາສາໃຫ້ທ່ານຟັງ, ຮວມ ເວົ້າ ຫຼື ນຳຄົນ ໃດຄົນໜຶ່ງຜູ້ຮູ້ອັງກິດ.</p>
<p>Oromo:</p> <p>Gabaasii kun odceffanno barbachisa wa'cc bisaan dhugaatii qaba. Akkaa isinii turjumaa'uu gaafadhaa yokaan nama afaan keessan dubbatuu dubbisaa.</p>	<p>Polish:</p> <p>Następujący raport zawiera ważną informację na temat wody pitnej. Proszę poprosić kogoś o przetłumaczenie lub porozmawiać z kimś kto rozumie.</p>
<p>Punjabi:</p> <p>ਇਸ ਰੀਪੋਰਟ ਵਿਚ ਤੁਹਾਡੇ ਪੀਣ ਵਾਲੇ ਪਾਣੀ ਬਾਰੇ ਜ਼ਰੂਰੀ ਜਾਣਕਾਰੀ ਹੈ। ਕਿਸੇ ਕੋਲੋਂ, ਜਿਸ ਨੂੰ ਸਮਝ ਆਉਂਦੀ ਹੋਵੇ ਇਸ ਦਾ ਅਨੁਵਾਦ ਕਰਵਾ ਲਵੋ ਜਾਂ ਉਸ ਨਾਲ ਗੱਲ ਕਰੋ।</p>	<p>Russian:</p> <p>В этом сообщении содержится важная информация о воде, которую вы пьёте. Попросите кого-нибудь перевести для вас это сообщение или поговорите с человеком, который понимает его содержание.</p>

<p>Samoan:</p> <p>O le lipoti lenei o lo'o iai ni mea e sili ona taua e uiga i le vai o lo'o e taumafaina nei. Su'e se tagata e fa'aliliuina mo oe, po'o lou talatalanoa i seisi e iai sona malamalama i lenei mataupu.</p>	<p>Serbo-Croatian:</p> <p>Ovaj izvještaj sadrži važnu informaciju u vašoj vodi za piće. Neka vam neko prevede, ili popričajte sa nekim ko se u ovo razumije.</p>
<p>Somali:</p> <p>Warbixintan waxay wadataa macluumaad muhiim ah ee la xiriira biyaha aad cabtid. Cid ha kuu tarjunto ama la hadl cid fahmaysa.</p>	<p>Spanish:</p> <p>Este informe contiene información importante acerca de su agua potable. Haga que alguien lo traduzca para usted, o hable con alguien que lo entienda.</p>
<p>Tagalog:</p> <p>Naglalaman ang report na ito ng importanteng impormasyon tungkol sa iyong iniinom na tubig. Magkaroon ng isang tao na isasalin ito sa iyong wika para sa iyo, o makipag-usap sa isang tao na nakakaintindi dito.</p>	<p>Thai:</p> <p>รายงานนี้มีข้อมูลสำคัญเกี่ยวกับน้ำดื่มของท่านโปรดขอให้บุคคลในครอบครัวหนึ่งแปลข้อความให้ท่าน หรือปรึกษาผู้ที่เข้าใจข้อความนี้</p>
<p>Tigrigna:</p> <p>እዚ ጽሑፍ ብዛዕባ ተሰታይዎ ማይ አገዳሲ ሓበሬታ ክለዎ። ዘተርጉሙልኩም ወይ ዘረዳኹም ሰብ ድለዩ።</p>	<p>Ukranian:</p> <p>Це повідомлення містить важливу інформацію про воду, яку ви п'єте. Попросіть кого-небудь перекласти вам це повідомлення або поговоріть з людиною, яка розуміє його зміст.</p>
<p>Vietnamese:</p> <p>Tài liệu này có tin tức quan trọng về nước uống của quý vị. Hãy nhờ người dịch cho quý vị, hoặc hỏi người nào hiểu tài liệu này.</p>	

