

The PFAS Health Study
Cross-sectional Survey Participant Guidelines
Child



**Australian
National
University**



Contents

Section A: PFAS Investigation and Management Areas.....	4
PFAS Investigation and Management Areas.....	4
Section B: Health conditions.....	4
Health terms and definitions.....	4
Section C: Health and wellbeing.....	5
Section D.....	6
Section E: Residential exposure to PFAS.....	6
Residential history.....	6
Shared living arrangements.....	6
Section F: Additional exposure to PFAS.....	6
Section G: Background Information.....	7

These guidelines include additional information to help you complete the PFAS Health Study survey.

The document is designed to help you fill out the survey and to answer any questions you may have, including definitions of a number of health and medical terms.

If you have a question that isn't covered in this document, please don't hesitate to call us on 1800 430 903, during business hours, or email us at pfas.health.study@anu.edu.au.

The guide follows the same format as the survey, and the contents page will allow you to navigate to the section you would like, just by clicking on the title.

Section A: PFAS Investigation and Management Areas

PFAS Investigation and Management Areas

Which PFAS Investigation and Management Areas are included in the PFAS Health Study?

RAAF Base Williamtown (New South Wales) - [Williamtown Map](#)

RAAF Base Tindal (Northern Territory) - [Katherine Map](#)

Army Aviation Centre Oakey (Queensland) - [Oakey Map](#)

If your child has lived in more than one Investigation or Management Area, please make sure you tick all answers that apply to them at Question A2.

Section B: Health conditions

IF YOU ARE UNSURE OF YOUR DIAGNOSIS OF A SPECIFIC CONDITION, PLEASE ANSWER NO.

Health terms and definitions

Health term	Definition
Cancer	Cancer is a term used for diseases in which abnormal cells divide without control and can invade nearby tissues.
Tumour	A tumour is a growth of abnormal cells. It can be benign (not cancerous) or malignant (cancerous). Benign tumours do not cause problems unless they grow very large and press on nearby organs. Malignant tumours are made up of cancerous cells, grow much faster and can spread to nearby tissues or other parts of the body. These are known as metastases.
Brain and nervous system cancer	Cancer is a term used for diseases in which abnormal cells divide without control and can invade nearby tissues. We are asking for cancers that originate in the brain or the nervous system.
Leukaemia	Leukaemia is a cancer of the white blood cells that starts in the bone marrow. Leukaemia is often referred to as blood cancer.
Lymphoma	A type of cancer that begins in the lymphatic system (glands)
Wilms tumour	A type of childhood cancer that starts in the kidney. It is also known as nephroblastoma.
Bone cancer (osteosarcoma or Ewing's sarcoma)	These are the two most common bone cancers in children. Ewing's sarcoma often affects the pelvis, thigh, ribs or upper arm. Osteosarcomas often occur in long bones such as the leg and upper arm.
Diabetes	Diabetes is a condition where there is too much glucose (a type of sugar) in the blood. There are two types of diabetes – type 1 and type 2.
Type 1 diabetes	Type 1 diabetes is a condition where the body's immune system attacks the cells in the pancreas that produce insulin.

	People with type 1 diabetes cannot produce insulin and need insulin injections to survive. Type 1 diabetes can occur at any age but tends to occur in childhood.
Type II diabetes	Type 2 diabetes is the most common form of diabetes. It is more common in people who are overweight or obese or who don't do enough physical activity. The body becomes resistant to the normal effects of insulin and the pancreas is unable to make enough insulin to keep up with the body's increased needs. Medications that lower blood sugar levels, and insulin, may be needed to manage the condition. Type 2 diabetes often runs in families.
Non-infectious hepatitis (Hepatitis not caused by an infection)	Hepatitis is inflammation of the liver. Hepatitis can be caused by an infection (such as a virus) or by other causes (non-infectious hepatitis). The most common causes of non-infectious hepatitis are toxins, medications, an unhealthy lifestyle (e.g. excessive alcohol use and obesity), or an abnormal immune response where the body's immune system attacks the cells of the liver (auto-immune hepatitis).
Chronic Kidney Disease	Chronic kidney disease (CKD) refers to all conditions of the kidney, lasting at least 3 months, where a person has had evidence of kidney damage and/or reduced kidney function, regardless of the specific diagnosis of disease or condition causing the disease.

If there is a particular health condition not listed in the survey that you would like us to be aware of, please fill in the section on page 6 in both the adult and child survey

Section C: Health and wellbeing

The questions in this section relate to the age of your child.

If your child is aged **2 to less than 4 years old**, answer the questions with the headings:

1. Children aged 2 to less than 4 years
2. Children aged 2 to less than 11 years
3. Children aged 2 to less than 18 years

If your child is aged **4 to less than 11 years old**, answer the questions with the headings:

1. Children aged 2 to less than 11 years
2. Children aged 2 to less than 18 years
3. Children aged 4 to less than 18 years

If your child is aged **11 to less than 18 years old**, answer the questions with the headings:

1. Children aged 2 to less than 18 years
2. Children aged 4 to less than 18 years
3. Children aged 11 to less than 18 years

Section D

If you have any specific questions about how to complete this section please contact the study team on 1800 430 903 or pfas.health.study@anu.edu.au

Section E: Residential exposure to PFAS

The questions in this section are specifically for participants who live or have lived in a PFAS Investigation or Management Area. If you have never lived in a PFAS Investigation or Management Area you do not need to complete this section.

Residential history

Questions E1 to E4 are specific to each residence you have lived in which is in a PFAS Investigation or Management Area. Residence 1 should refer to your child's most recent property, Residence 2 to your child's second most recent property and so on. We have provided enough space to complete details for up to 6 residences. If you require space for additional residences please contact the study team on 1800 430 903 or pfas.health.study@anu.edu.au

Shared living arrangements

If your child regularly resides in more than one residence in a PFAS Investigation or Management Area please fill in details for the residence you spend most of your time at.

Section F: Additional exposure to PFAS

Aqueous film forming foam (AFFF) (firefighting foam) is a highly effective flame suppressing foam, commonly used in the aviation industry to extinguish aircraft fires. These firefighting foams were occasionally used for purposes other than fighting fires. For example, people may have been exposed to AFFF at a community event—playing in foam or sliding down a slide covered in foam.

This section does not relate to occupational exposure to AFFF.

Questions F2 to F4 are specific to each exposure you have had to AFFF. Exposure 1 should refer to the most common activity where your child was exposed to AFFF, Exposure 2 to the

next most common activity where your child was exposed to AFFF and so on. We have provided enough space to complete details for up to 3 different exposures. If you require space for additional exposures please contact the study team on 1800 430 903 or pfas.health.study@anu.edu.au

Question F2– How do I describe my child’s exposure to AFFF?

We are interested in your child’s direct exposure to AFFF through a specific activity. You should include details about the type of exposure they had to AFFF. For example, you could describe skin exposure (through touching) AFFF or inhalation of AFFF by-products.

Section G: Background Information

If you have any specific questions about how to complete this section please contact the study team on 1800 430 903 or pfas.health.study@anu.edu.au

The answers you have provided will be made non-identifiable and combined with other people’s answers.

We will then use these results to better understand the potential health effects of PFAS.

If this survey raised feelings of anxiety or depression please contact your GP who can refer you to appropriate mental health and counselling services in your region.

Alternatively, there are services you can contact day or night that can help you if you are feeling distressed or in crisis.

If you ever feel unsafe you can also contact your local crisis team through the suicide call-back service, or go to the emergency department of your local hospital for help. For urgent medical help, you can call an ambulance on 000 (or if you are on a mobile and that doesn’t work, you can call 112).

Support Service	Phone Number
LIFELINE	13 11 14 (free call from mobiles)
Suicide Call-Back Service	1300 659 467
<i>Beyondblue</i> Support Service	1300 224 636
<i>Kids Helpline (13 to 25 years of age)</i>	1800 55 1800 (free to call)
<i>MensLine Australia</i>	1300 789 978
State-based mental health / crisis services	NSW 1800 011 511 QLD 1300 642 255 NT 1800 682 288