

Collecting Your Water Sample for **PFAS:** Step By Step Instructions

Before you start:

If you have any kind of water treatment system (reverse osmosis, water filter) make sure to collect the water before it goes through the treatment unit.

PLEASE NOTE:

To ensure accuracy, a limited number of test kits may contain 1) two empty bottles or 2) one filled water bottle.

- 1) If your kit contains, two empty water bottles, you will need to take two samples. Please collect these samples at the same time, without turning off the water between samples. Change gloves between collections and put bottles in the separate plastic bags provided.
- 2) If your kit contains one filled water bottle, please **DO NOT** open this bottle. Leave in the plastic bag and store and pack alongside your sample.

Please refrigerate sample until it is mailed.

If you have any questions, please contact us at 231-348-8200 or info@freshwaterfuture.org.

Test Kit Contents:

- One empty water bottle (for you to fill)
- Two Pairs of Gloves (in case one tears)
- Data Card
- Plastic bag
- Return label
- Instruction Sheet

POTENTIAL: For quality control purposes, a limited number of kits contain an extra empty water bottle or one filled water bottle.

If your kit contains two empty water bottles, please collect two samples from your home faucet. When collecting your sample, fill both bottles without turning off the water between samples. Change gloves between collections and put bottles in the separate plastic bags provided.

If your kit contains one filled water bottle, please **DO NOT** open this bottle. Leave in the plastic bag and store and pack alongside your sample.

Step 1:

Fill out the enclosed data card.

Step 2:

Wash the sink only with water and wipe down counter area next to sink where sample is to be collected. Because PFAS are used in many products this will help minimize contamination of the water sample.

Step 3:

Wash hands with soap and hot water thoroughly. Then put on enclosed gloves.

Step 4:

Run cold water for three to five minutes.

Step 5:



Take the top off of empty water bottle—keep the bottle top in one hand. With the other hand, fill the bottle with cold tap water to the shoulder of the bottle (see photo). Put the top back on the bottle. Shake well to dissolve the preservative in the bottle. (If you spill the preservative wash down the sink and if it comes in contact with skin rinse and wash thoroughly with soap and water.)

Step 6:

Put bottle(s) in the plastic bag and seal the ziplock. Place back in the box with the data card.

Step 7:

Close box and attach return data label. Store in refrigerator if unable to mail immediately. Mail within five days of water collection.

Step 8:

Take box to post office, pay postage, and mail! Wait patiently for your results, which should arrive in three weeks.

PFAS Water Sample Collection Video

Want reassurance of the proper steps? Watch our video at www.freshwaterfuture.org/ourissues/drinking-water/pfas/

You can follow it step by step to collect your sample.

? QUESTIONS . . .

Give us a call at 231-348-8200 ext. 110