

**SAMPLING INSTRUCTION GUIDE FOR WELL OWNERS**  
**COLLECTING WATER SAMPLES FOR PFAS**  
(Video: <https://youtu.be/nZVPFhZUbl8>)

Please read these instructions in their entirety prior to initiating the sample collection procedures outlined below.

**BEFORE SAMPLING**

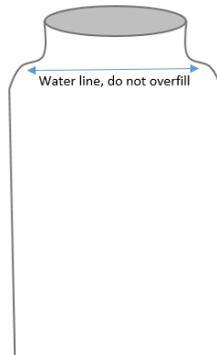
**Clothing:** Please wear cotton clothing that has been previously laundered without the use of fabric softeners. Do not wear new clothing. Preferably, clothing should have been previously washed greater than six times. Do not wear clothing or shoes made of or with Gore-Tex™, Carhartt®, Tyvek®, or other synthetic water resistant and/or stain resistant materials.

**Personal Care Products:** Avoid the use of cosmetics, lotions, sunscreens, and insect repellent on the day of sampling. Do not handle or apply these personal care products in the sampling area. The presence of PFAS in these products has been documented. However, cross contamination of water samples due to the use of these products has not been documented. The sample collection procedure described below should prevent these materials from coming into contact with the water sample. However, limiting the use of these products on the day of sampling is recommended.

Wash hands thoroughly with soap and water before collecting samples.

**COLLECTING PFAS SAMPLE**

1. PFAS samples should be collected prior to treatment (paper filter, carbon filter, water softener, etc). If this cannot be done, please convey this to the sampler and confirm the types of treatments systems in use.
2. Please identify the location where the sample will be collected (i.e. storage tank, bathroom faucet, etc.).
  - a. Remove all attachments (including aerators) from the fixture that will be used to collect the raw water sample.
3. Run cold water for at least 10 minutes to clear the plumbing and ensure a fresh water sample will be collected.
4. After 10 minutes, turn water flow down to a reasonable flow to prevent splashing and potential overfilling of sample containers.
5. **Please wear gloves.**
  - a. **PFAS bottles contain a preservative called Ammonium Acetate.**
    - i. If inhaled, moved to fresh air and keep comfortable for breathing.
    - ii. If skin contact is made, wash with soap and water.
    - iii. If eye contact is made, flush eyes with water for several minutes.
    - iv. If exposed or concerned, call a poison control center or doctor immediately
  - b. To prevent potential contamination, please put gloves on when ready to collect the sample
  - c. Do not touch objects other than sample containers after gloves are on.
6. Obtain raw water sample by filling sample bottles to the neck and sealing the cap tightly.



- a. Do not place the cap down on any surface during sample collection.
  - b. Lightly shake the container to disperse the preservative.
7. Immediately transfer bottles back into the plastic bag and seal.