



## Forever Chemicals in Well Water

### WATER SAMPLING INSTRUCTIONS – 5 or 6 bottles

#### Receive your test kit and check the contents.

- A large bag with bottles inside
- A small bag with the chain of custody document
- A pair of gloves
- Cold packs
- Water bottles with a small amount of non-toxic powder inside to preserve the sample

#### Important!

Save the box and insulated liner.

#### Put the cold packs in the freezer for two nights.

Please **read all the instructions** in this document before collecting samples.

#### Step 1: Preparing to Sample

**Make sure the ice packs are frozen** and have been in the freezer for 2 nights.

**Collect samples** when you wake up, if possible.

- Do not wear clothes that are: waterproof, stain resistant, or have fabric softener.
- Do not put on cosmetics, sunscreen, or lotion.
- Wash your hands with tap water.
- Use a clean paper towel to dry your hands
- Put on the provided gloves.

These steps minimize accidental contamination from products containing PFAS.

#### Step 2: Collect Your Water Samples

**Select a faucet that does NOT have a water filter** installed.

- Open the unfiltered faucet at normal speed and flush it for **4 min**.
- Collect your samples in the order on the chain of custody document, starting with bottle 1.
- Open bottle 1 carefully and place the cap up on the counter; do not touch inside the cap or the bottle itself.
- **After the water runs for 4 minutes, fill the bottle.** *Do not let the bottle overflow. See picture on the right for the proper level, cap it tightly, then **shake it to dissolve the powder**.*
- **Next, fill bottles 2, 3 in the same way as bottle 1.** No need to let the water run between each sample.



If you have a *bottle 1b*, fill it after bottle 1. Only some participants will be asked to provide this duplicate sample.

**Note:**

**If you make any mistakes** during sampling, it is okay: DO NOT DUMP OUT the water, just write down what happened in the comments section of the chain of custody document.

**Step 3: Collect the Field Blank Bottle**

- To identify if there was contamination in the transport of your samples, **pour the contents of the pre-filled full bottle 5 (labeled field blank water) into bottle 4 (field blank).**
- When you are done, discard the now empty bottle (labeled *field blank water*).
- Include the full bottle labeled *field blank* in your return kit.

**Step 4: Fill out the Chain of Custody Document**

- **Fill in the date and the time** on the chain of custody document.
- Fill out and sign the Participant's Consent. Keep the main document for your records and return just the signature page.
- Place both documents **in the small bag** and close it well to prevent it from getting wet. Place the sealed small bag inside the larger bag.

**Step 5: Store Samples in a Refrigerator until Shipping**

- Ensure lids to the bottles are sealed tightly.
- Place the bottles inside the large bag, along with the small bag with the chain of custody document.
- After sample collection, **keep your samples cold, but not frozen.**
- **The ice packs only go in the freezer.**

**Step 6: Shipping**

- **Ship** the samples **within 5 days**, and **ship on a Monday, Tuesday or Wednesday.**
- **Make sure the test kit is complete** and contained in the larger ziplock bag.
- **Call UPS for a pick up (1-800-742-5877) or locate a UPS shipping store for drop off.**
- Pack the frozen ice packs and the bag with sample bottles into the insulated liner in your shipping box. Try to arrange the ice packs around the bottles.
- Seal the box and **apply the return shipment UPS label** to the box

For any issues, call 1-855-997-3184.