

PFAS SAMPLING PROTOCOL (effective January 1, 2019)

Before You Go:

- Schedule PFAS sampling at the beginning of the work day, to avoid possible contamination sources
- Clothing for the day must have been previously washed a minimum of 5 times (i.e. no new clothing)
 - **NO** fabric softener
 - **NO** waterproof, water-repellent, fire-repellant or stain-resistant clothing or footwear
- Day of sampling
 - Shower only with PFAS-free soap and shampoo
 - Brush your teeth that morning with fluoride-free toothpaste only; **NO** mouthwash or dental floss
 - **NO** use of lotions, moisturizers, deodorant cosmetics, makeup sunscreen or insect repellents

Prior to Sampling:

- Do not handle any packaged food or drinks, aluminum foil, adhesive labels, etc. at or around sampling site
- Bottles must be pre-labeled before arrival at the sampling site; mark labels with a ball-point pen only, **NO** markers
- **NO** waterproof logbooks or plastic clipboards; untreated paper and aluminum clipboards only

Sampling and Sample Handling (per sampling point):

- Remove the aerator from the sample point (if applicable) and flush the sample tap for 3-5 minutes prior to sampling, or until the water temperature stabilizes
- Don disposable, coating-free coveralls then wash hands thoroughly with PFAS-free water and soap
- Put on disposable, nitrile gloves; take extra caution not to touch any surface prior to sample collection
- Sample directly into the provided preserved, HDPE bottle, seal and bag immediately; store and transport PFAS sample bottles and blanks in a clean, dedicated cooler between bags of PFAS-free, fresh, bagged ice; **NO** chemical ice packs
- Sample field blank concurrent with sample collection - pour preserved, PFAS-free water into empty HDPE bottle, pre-labeled as a field blank; transfer to cooler as with the sample
- If other sampling is to be performed, **ALWAYS** collect PFAS samples first