

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.

*Your kit may contain an extra bottle that is already filled with water. This is a laboratory blank for quality control. 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.

[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.

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: One filled water bottle (for quality control purposes a filled bottle is sent in a limited number of test kits. If your contains a filled water bottle. Please keep it in the plastic bag and return with your home sample.)

Step One:

Fill out the enclosed data card.

Step Two:

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 Two:

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

Step Three:

Run cold water for three to five minutes.

Step Four:

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 Five:

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

Step Six:

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

Step Seven:

Take box to post office, pay postage, and mail! Wait patiently for your results.

????QUESTIONS????

Give us a call at 231-347-8200

Protect Your Health: Get the Facts on PFAS

What are PFAS?

Perfluoroalkyl and Polyfluoroalkyl substances, better known as PFAS (pronounced p-fahs), are man-made chemicals that repel oil and water. Used since the 1940s for common uses such as nonstick cookware, fire retardants, flame-and water-resistant clothing, food wrappers, plumber's tape, stain prevention products, and even coatings on wires. Scientific studies link PFAS to health impacts such as cancer, thyroid disease, weakened immunity, and other health problems.

PFAS compounds are popping up in many locations, which is why more testing is needed. However, there are certain places that are far more likely, such as near airports, military bases, and current or past industrial areas.

How are we exposed to PFAS?

There are three main ways people are exposed to PFAS: 1) food—chemicals used in food packaging gets in the food we eat; 2) air—chemicals applied to furniture and clothing get into the dust and air we breathe; and 3) water—chemicals used in fire-fighting or by industries gets into the water we drink.

What is the safe amount of PFAS in water?

There is no water quality standard yet for PFAS in water. While the current guidelines for protecting human health are set at 70 ppt by the U.S. EPA, the Center for Disease Control recently released a report finding safe levels of PFAS chemicals to be up to 10-times lower than the EPA's levels for human health



Frequently Asked Questions— About the PFAS Water Test

Is the lab certified?

No. The University of Michigan Biological Station's lab is not certified. There are very few labs currently certified for PFAS testing in the country.

Can I use the results for a legal claim?

No

Can I be connected to a private lab?

We can provide information on other labs that are doing testing for PFAS in drinking water.

When will I get my test results?

Your test results will be sent to you, approximately two weeks after received.

What can I do if my water has PFAS?

If PFAS are detected in your water sample, we will provide recommended next steps with your results.

For more information on PFAS and links to the reports referenced visit, Freshwater Future's website, www.freshwaterfuture.org.



P.O. Box 2479
Petoskey, MI 49770
231-348-8200
www.freshwaterfuture.org



University of Michigan Biological Station
9331 Biological Station
Pellston, MI 49769
www.lsa.umich.edu/umbs

Thank you to the following for funding for this program: Charlevoix County Community Foundation, Petoskey-Harbor Springs Community Foundation, Frey Foundation, Great Lakes Energy People Fund, Ted and Brenda Frey, and John and Cyndi Woollam.