



Drinking Water Testing Guidelines for Per- and Polyfluoroalkyl Substances (PFAS)

RIDOH is providing these recommendations to help you test your well water for PFOA and PFOS, which are the two Per- and Polyfluoroalkyl Substances (PFAS) for which EPA has a health advisory. You may choose to work with a laboratory to come to your house to take a sample for you, as the instructions for sampling are very specific. Whether you choose to work with a lab or take the sample yourself, the *PFAS Sampling Recommendations for Private Well Owners* listed below must be followed to get an accurate test result.

A list of laboratories that provide PFAS testing services is also included in this document. The labs that will come to your house to take a sample are noted.

PFAS Sampling Recommendations for Private Well Owners

Test results for PFAS in drinking water can come back false if certain materials are used by the person taking the sample or are in the container used to take the sample. Below is a table showing which items should and should not be used by the sampler at the sampling site.

Type of Material	Do Not Use	OK to Use
Packing material used to bring the water sample to the lab	Chemical ice packs	Regular ice
Writing materials	Waterproof/treated paper or field books, plastic clipboards, non-Sharpie® markers, Post-It® and other adhesive paper products	Plain paper, metal clipboard, Sharpies®, pens
Clothing	Waterproof clothing or shoes	Synthetic or cotton material, previously washed clothing (preferably previously washed more than six times) without the use of fabric softeners
Personal care products (on the day of sample collection)	Cosmetics, moisturizers, hand cream, and other related products	<p>Sunscreens:</p> <ul style="list-style-type: none"> Alba Organics Natural Yes to Cucumbers Aubrey Organics Jason Natural Sun Block Kiss My Face Baby-safe sunscreens ('free' or 'natural') <p>Insect Repellents:</p> <ul style="list-style-type: none"> Jason Natural Quit Bugging Me Repel Lemon Eucalyptus Herbal Armor California Baby Natural Bug Spray BabyGanics <p>Sunscreen and Insect Repellents:</p> <ul style="list-style-type: none"> Avon Skin So Soft Bug Guard-SPF 30
Food and beverage	Pre-packaged food, fast food wrappers or containers	Bottled water or hydration drinks

Sample collection instructions:

1. If possible, avoid contact with any Teflon® tape or pipe thread paste on pipe fittings or sampling tap threads on the water supply discharge pipe.
2. Take the sample for PFAS while the well pump is operating, and, preferably, has been operating for at least one hour.
3. Run the well water through the sampling tap on the discharge pipe for a minimum of 20 minutes before collecting any samples.
4. Using new nitrile gloves, collect the sample for PFAS **first**, prior to collecting samples for anything else into any other containers. This avoids contact with any other type of sample container, bottles, or package materials.
5. Do not place the sample bottle cap on any surface when collecting the sample, and do not touch the inside of the sample bottle or its cap.
6. When the sample is collected and capped, put each sample bottle in its own sealed plastic bag (e.g. Ziploc®) separate from any other sample bottles, and put the bag(s) in a shipping container packed only with ice.

If you have any questions about these sampling recommendations, you can contact 401-222-5960 at the Rhode Island Department of Health.

State -certified laboratories available to collect samples.

BAL/ESS Laboratories 185 Frances Ave Cranston, RI 02910 401-785-0241	Microbac Laboratories 61 Louisa Viens Drive Dayville, CT 06241 800 334-0103	Rhode Island Analytical Laboratories 41 Illinois Ave. Warwick, RI 02888 401-737-8500
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Labs Providing PFAS Analytical Services

(This list is not a complete list and does not constitute an endorsement of those firms on the list, nor is it a statement against any firm not on the list. Additionally, the capacity of the labs to provide services consistent with RIDOH's recommendations above has not been verified and these details should be addressed prior to contracting with the laboratories below.)

RIDOH State Health Lab 48 Orms St. Providence, RI 02904 (401) 222-5600 www.health.ri.gov/laboratorytesting/	EnviroSystems, Incorporated 1 Lafayette Road Hampton, NH (603) 926-3345 www.envirosystems.com	Granite State Analytical 22 Manchester Rd Derry, NH 03038 (603) 432-3044 www.granitestateanalytical.com
Absolute Resource Associates 124 Heritage Ave, Unit 16 Portsmouth, NH 03801 (603) 436-2001 www.absoluteresourceassociates.com	Eurofins Lancaster Laboratories 2425 New Holland Pike Lancaster, PA 17601 (717) 656-2300 www.EurofinsUS.com/LanCLabsEnv	RWA Lab Services 90 Sargent Drive New Haven CT 06511 (203) 401-2700 www.rwalab.com
Con-Test Analytical Laboratory 39 Spruce Street East Longmeadow, Massachusetts 01028 (413) 525-2332 www.contestlabs.com	Eurofins Eaton Analytical 110 S Hill Street South Bend, IN 46617 (215) 499-4578 www.eurofinsus.com/eaton	
Eastern Analytical, Inc. 25 Chenell Drive Concord, NH 03301 (603)228-0525 / (800)287-0525 www.easternanalytical.com	Eurofins Eaton Analytical Inc. 750 Royal Oaks Drive, Suite 100. Monrovia, CA 91016 (626) 386-1100 www.eurofinsus.com	

Other water contaminants

If you would like more information about testing and treating drinking water for contaminants other than PFAS, go to <http://www.health.ri.gov/water/for/privatewellowners/>.
