

## **The Don't / No's of PFAS Sampling**

Don't eat foods that come in non-stick containers

Do not use Teflon or other Fluoropolymer Containing materials Tubing

Don't use Latex gloves

Don't wear clothes recently washed with fabric softeners

Don't wear water/stain resistant treated clothes

Don't use Sharpies, Use a ballpoint pen

Waterproof/treated paper/fieldbooks

Mosquito spray/sun screen

Don't use post it notes

Don't use chemical/blue ice

No Waterproof, Water Repellent, Fire Repellent, or stain resistant clothing

Don't use sealable bags that are not provided by the lab