

Atlantic Path: Arsenic Sub-study

Drinking Water Sample Collection Instructions

Thank you for agreeing to provide a drinking water sample. Please follow the instructions for collecting and returning the sample. Please use the plastic bottle provided for water collection.

Sample the water from your main household water supply. If you have a well water supply but do not drink or use this water, we still request you provide a sample of the well water. Your water will be tested for the following elements: arsenic, antimony, barium, boron, cadmium, nickel, selenium, thallium, lead, uranium, and copper. Should you request a copy of the results of your water analysis, you will be provided with your results alongside the Canadian Drinking Water Guideline levels and information on what to do if an elevated level of a particular element is found.

1. Flush the System

- If the sample is taken from a tap or pump, allow the water to run for 10 minutes before collection. This will help to remove from the system stagnant water that may have artificially elevated metal concentrations.

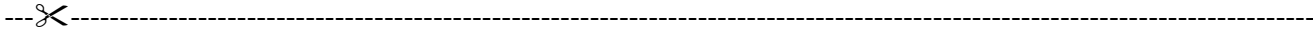
2. Collect the Sample

- Turn water flow volume down so that water runs gently.
- Fill the bottle to the top (overflow) to ensure there is no air gap; place the cap on the bottle and turn tightly. Please ensure the lid is securely closed so that water does not leak from the bottle. Please refrigerate the sample until you bring it to the assessment centre

3. Return to Atlantic Path

- Please complete the form on page two. Please place the bottle and form in the padded envelope. If you were provided with the bottle in advance please bring the complete package along with you to your assessment centre appointment. If you were provided with the bottle at the assessment centre please return the complete package to the drop-box at the assessment centre.
- If you are providing two water samples, one from your home residence and one from a second home/cottage, please ensure you use a separate return pack for each water bottle and also ensure that the correct form, indicating where the sample was taken, is enclosed with the correct bottle.

***Please complete, detach and return the form on the next page
with your water sample. Thank you.***



Please complete, detach and return this form along with the water bottle using the envelope provided. Please return to the assessment centre.

Participant Barcode (To be completed by the Assessment Centre)

Surname:

This information will allow us to link your tap water sample to you if the barcode on the water bottle becomes detached, but it will not be stored with your water sample or be used to identify you directly to the person testing the water sample.

Month of Birth..... Day of Birth

1. What is your main drinking water source at your home? (Please check the relevant box.)

Well water Municipal water Bottled water Other (please specify)

2. Is this sample from your main home or a second home/cottage

3. Is this sample from a well: Yes No

If "yes," please answer following questions:

4. Is this sample from a Dug Well Drilled Well Other Don't Know

5. What is the well depth (feet or metres) Don't Know

6. Does the well water supply have a treatment system: Yes No

If yes, please specify treatment system if known (e.g. reverse osmosis)

Address where the water sample was taken:

Number and Street:

Apartment/Unit:

Town/City:

Municipality:

Postal Code:

Would you like to receive a copy of your drinking water test results? Yes No

Address if different from above:

Number and Street:

Apartment/Unit:

Town/City:

Municipality:

Postal Code:

Thank you for your participation.