



## 2018 ALMONTE WATER SYSTEM – SODIUM LEVELS

### PUBLIC NOTICE

This notice is being issued to inform you that recent water samples taken from the drinking water system servicing the Ward of Almonte have shown elevated levels of sodium. This is consistent with the historical sampling results undertaken in past years for this area. Any level of sodium above 20 mg/l must be reported to the Medical Officer of Health.

Samples taken on July 5, 2018 revealed sodium levels of 47.5 mg/l, 66.7 mg/l and 43.8 mg/l while the repeat samples taken on July 12, 2018 showed sodium levels of 42.8 mg/l, 63.8 mg/l, and 42.1 mg/l. A sample taken on August 1, 2018 revealed a sodium level of 37.2mg/l, while a repeat sample taken August 10, 2018 showed a sodium level of 38.6 mg/l.

The Medical Officer of Health has instructed us to inform you of these test results and provide you with the following advice:

*Although sodium is an essential dietary element, for some individuals who suffer from hypertension, chronic kidney disease or congestive heart failure restricting the daily intake of sodium is essential in managing their condition. It is important to be aware that by drinking water from this system, he/she may be increasing their sodium intake.*

If you are on a sodium restricted diet, it is recommended that you discuss this situation with your health care provider, so that they are able to help manage your condition. For further inquiries, please do not hesitate to contact the Roads and Public Works Department at 613-256-2064 Ext. 235.