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NOTICE TO USERS OF THE THORNTON WATER SYSTEM

Please be advised that Ontario Clean Water Agency after conducting regular water sample testing of the Thornton Water System on July 23, 2018, received notification that the sample test revealed an elevated sodium level in the water.

Corrective Action as per O. Regulation 170/03:

Proceed with steps as per 17-13:

Sodium

17-13. If a report is required to be made under section 18 of the Act in respect of sodium, the owner of the drinking water system and the operating authority for the system shall ensure that the following corrective action is taken:

- 1. Resample and test as soon as reasonably possible.*
- 2. If a concentration of sodium that exceeds 20 milligrams per litre is detected under paragraph 1, take such steps as are directed by the medical officer of health.*

A resample and test was performed on July 24, 2018 and results were made available August 1, 2018 which confirmed the elevated sodium levels. The Simcoe County District Health Unit has instructed that this Notice of adverse water quality be issued. Attached is information from the Simcoe County District Health Unit which outlines the effect of sodium in the drinking water.

If you have any questions concerning any of the above, please feel free to contact the Ontario Clean Water Agency at: 705-429-2525 x24.

Sodium in Drinking-Water

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HEALTH PROTECTION SERVICE

Sodium is a common element in the natural environment and is often found in food and drinking-water. In drinking water, sodium can occur naturally or be the result of road salt application, water treatment chemicals or ion-exchange softening units.

Sodium is not considered to be toxic. The human body needs sodium in order to maintain blood pressure, control fluid levels and for normal nerve and muscle function.

Guidelines for Drinking Water Quality

There is no health-based standard for sodium in drinking water. Only a small portion of the sodium we consume actually comes from water. Instead, the standard for sodium is based on taste. The Canadian Drinking Water Guideline for sodium is 200 mg/L. Sodium concentrations above 200 mg/L will make the water taste "salty".

Public drinking-water systems under the Safe Drinking Water Act are required to sample for sodium on a regular basis and report to the Medical Officer of Health when sodium levels exceed 20 mg/L. This information is made available to local physicians in order to help persons on sodium-restricted diets control their sodium intake.

Water quality information for public drinking-water systems can be obtained by contacting your local water utility.

If you own a private well, you should consider testing your water for sodium at least once every 5 years, especially if the well is located near a roadway where road salt is used.

Daily Sodium Intake

Most people consume more sodium than they need to maintain good health. Healthy adults should have no more than 2300 mg of sodium per day; approximately 1 teaspoon of salt. The amount the body needs is actually much less. To promote good health in adults, 1500 mg is considered adequate. People with health issues may need to aim for significantly lower sodium intakes and should follow the advice of their physicians.

Although less than 5 to 10% of your daily intake of sodium typically comes from water, you should consult your family physician if you are on a sodium-restricted diet and have concerns about the level of sodium in your drinking water.

Sodium-Restricted Diets

To put things into perspective, if the sodium concentration in your drinking-water is 20 mg/L then drinking up to two litres of water per day would contribute only 40 mg of sodium to your diet. For healthy adults, this sodium level in drinking-water does not pose a risk. Even for individuals on very strict sodium-restricted diets of 500 mg of sodium per day, two litres of water, would only account for 8% of their daily sodium intake.

However, if you are on a sodium-restricted diet, your doctor may recommend that you drink sodium-free packaged or bottled water, or remove sodium from your water by using a water treatment device.

Boiling water does not remove sodium and will only increase concentrations.

For more information on sodium and your diet, please see our *Take a Look At Sodium* fact sheet.

Water Softeners

Most water-softening devices use ionic exchange to replace calcium with sodium. While this reduces the hardness of your water, it may add significant amounts of sodium. If you need a water softener, consider having a separate line for drinking and cooking which by-passes the water softener.

Water treatment devices may also be installed at the kitchen tap to help remove sodium (e.g. reverse osmosis units).

For more information please call Your Health Connection at 705-721-7520 (1-877-721-7520) or visit our website at

www.simcoemuskokahealth.org