

Dear Residents:

This is to inform you that recent samples collected from the drinking water system serving the village of **Finch and Moose Creek** contain elevated levels of sodium.

Provincial Regulations require the operator or owner of a drinking water system notify the Medical Officer of Health should sodium levels be higher than 20 milligrams of sodium per liter of water. Samples collected on January 9th and 16th, 2017. The sodium results for Finch were 93.3 mg/L on January 9th and 90.6 mg/L on January 16th. Moose Creek's results were 34.0 mg/L on January 9th and 32.3 mg/L on January 16th. The Medical Officer of Health has instructed us to inform you of these tests and provide the following advice.

Sodium is an essential dietary element: however, for some individuals who suffer from hypertension, chronic kidney disease, or congestive heart failure, restricting daily sodium intake is essential in managing their condition. It is, therefore, necessary that these individuals be made aware that drinking tap water may be increasing their daily sodium intake.

The Medical Officer of Health has recommended that people on sodium restricted diets who regularly consume municipal tap water consult their family physician regarding any precautions that may be required.

For individuals, not on sodium restricted diets, the Health Canada recommends that people over one year of age consume between 1,000 and 1,500 milligrams of sodium per day.

Those seeking answers for general questions regarding health risks associated with excessive sodium concentrations in the drinking water are asked to contact the Eastern Ontario Health Unit at 613-933-1375 or 1-800-267-7120 and ask the Health Line.

Information regarding sodium can also be found at www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/sodium/index-eng.php

