



Mississippi
Mills

NOTICE

September 15, 2023

RE: Results of Sodium Analysis in the Almonte Ward Municipal Drinking Water System

To Almonte Ward Residents,

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

- Any level of sodium above 20 mg/l must be reported to the Medical Officer of Health.
- Several samples taken on May 15, 2023 revealed sodium levels of 27.8 to 53.1 mg/l, while the repeat samples taken on May 18, 2023 had shown sodium levels of 28.2 to 54.8 mg/l.

Based on the levels of sodium reported above, consuming the following amounts of water would add approximately the following amounts of sodium to the diet:

- One litre of the water each day would add 28-55 mg of sodium
- Two litres of water would add 56-110 mg of sodium and
- Three litres of water would add 84-165 mg of sodium.

Hypertension Canada recommends that most people consider reducing sodium intake towards 2000 mg per day from eating and drinking. Individuals who have hypertension, chronic kidney disease or congestive heart failure may need to further restrict the daily intake of sodium to manage their condition.

If you are on a restricted sodium diet, it is recommended that you discuss the level of sodium in your residence with your health care provider to assess if an alternate water supply is recommended.

More information can be found at www.mississippimills.ca/sodium

For further inquiries, please contact the Roads and Public Works Department at 613-256-2064 Ext. 405.