



Mississippi  
Mills

## PUBLIC NOTICE

### ALMONTE WATER SYSTEM – SODIUM LEVELS

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. Any level of sodium above 20 mg/l must be reported to the Medical Officer of Health.

Samples taken on July 15<sup>th</sup>, 2013 revealed sodium levels of 44 mg/l, 57 mg/l and 40 mg/l, while the repeat samples taken on July 22<sup>nd</sup>, 2013 showed sodium levels of 41 mg/l, 55 mg/l and 39 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. Please be aware that the use of a water softener will also add sodium to the water you drink.*

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 contact the Roads and Public Works Department at 613-256-2064 Ext. 258.