

November 6, 2018



NOTICE TO USERS SANDCASTLE WATER SYSTEM

Recent water quality testing has indicated that levels of sodium are elevated in this drinking water system. The *Ontario Drinking Water Systems Regulation 170/03* requires reporting every five years to the Medical Officer of Health when sodium levels in a drinking water system exceeds 20 mg/L.

The elevated sodium levels are not likely to be harmful to a healthy person. Only a small portion of the sodium an average person consumes is from drinking water. To put this in perspective, below are sodium levels in everyday food / beverages compared to 1 cup of this systems drinking water.

Severn Water (1 cup) = 9 mg	Chicken Noddle Soup (1 cup) = 1,169 mg
Tomato Juice (1 cup) = 691 mg	Bottled Water (1 cup) = 9 mg
2% Milk (1 cup) = 106 mg	Apple Juice (1 cup) = 8 mg
* Average daily consumption to promote good health in Adults is 1500 mg	

Persons with high blood pressure, heart disease or kidney disease should discuss this notice with their health care provider. Attached is an Information Bulletin from the Simcoe Muskoka District Health Unit, with respect to Sodium in Drinking Water.

If you require any further information please contact Anthony Drouin, Utilities Supervisor at (705) 325-2315 Ext. 223 or Simcoe Muskoka District Health Unit.

Thank you for your cooperation.