

January 21, 2022

Mr. Craig Calder, CAO
Township of North Stormont
15 Union Street
Berwick ON K0C 1G0

Re: Request to Notify Users of Sodium Level - Moose Creek Water Treatment Plant

Dear Sir:

The *Safe Drinking Water Act*, 2002 requires routine sampling of drinking water systems for a variety of potential contaminants including sodium.

We wish to inform you that results of water analysis for sodium of the above-mentioned system were: 31.5 mg/L, for 2 litres = 63 mg/L and for 3 litres = 94.5 mg/L, samples taken on January 17, 2022.

This value is above the threshold of 20 mg/l (20 milligrams per liter of water) for notification to the Medical Officer of Health.

Please inform users of the water system of the following: ***Sodium is an essential element to human health and occurs naturally. It is soluble in water and the amount in any water supply may vary with the local ground water conditions. The amount of sodium in water is normally not a significant problem since most people consume far more sodium, primarily through the use of added salt, in their normal diet than they would consume from drinking water.***

However, excess sodium can be a health problem for individuals who require a sodium-restricted diet due to a variety of medical reasons. If they require a reduced sodium diet they should consult their family physician regarding any precautions that he or she might suggest.

The attached notice is meant for communicating this information to users.

If you have any questions regarding this issue please contact the Eastern Ontario Health Unit at 613-933-1375 or at 1 800 267-7120 and ask for the Health Line.

Sincerely,



Dr. Paul Roumeliotis, MD, CM, MPH, FRCP(C)
Medical Officer of Health

PR/nd
Attach.

c.c. Caroline Lamarche, Process & Compliance Technician Operator, OCWA
Rami Basha, CPHI(C) MPH, Manager, Safe Water



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www.EOHU.ca • 1 800 267-7120 • www.BSEO.ca

If you require this information in an alternate format, please call 1 800 267-7120 and press 0.

Si les renseignements sont requis dans un autre format, veuillez appeler au 1 800 267-7120 et faire le 0.