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Notice to users of the Washago water supply and distribution system

Sodium is a common element present in our natural environment and often found in our food and drinking water. Sodium levels can be elevated because of minerals in the environment, from runoff due to road salt applications, or from water treatment processes (i.e., water softening).

Under the **Ontario Drinking Water Standards Regulation 170/03** and the Safe Drinking Water Act, 2002, the sodium levels in this system are tested and reported annually and **adverse levels exceeding 20 milligrams per litre (mg/L)** are reported every five years to the Simcoe Muskoka District Health Unit.

The current sodium levels of 10 mg/cup at the Washago system are not likely to be harmful to a healthy person. To put this level in perspective, below are sodium levels in everyday food and beverages:

- 1 cup of chicken noodle soup = 1,169 mg
- 1 cup of tomato juice = 691 mg
- 1 cup of 2% milk = 106 mg
- 1 cup of bottled water = 9 mg
- 1 cup of apple juice = 8 mg

The average daily consumption to promote good health in adults is 1500 mg. Individuals with high blood pressure, heart disease, or kidney disease should discuss this notice with their healthcare provider. To learn more about sodium in drinking water visit the **Simcoe Muskoka District Health Unit's (SMDHU) webpage** or contact the SMDHU Health Connection at 705-721-7520 or toll-free at 1-877-721-7520.

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