

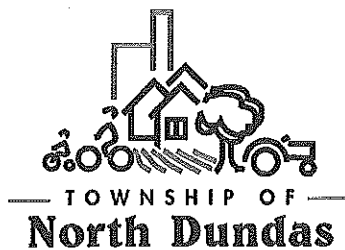
This letter is to inform you that recent samples collected from the Drinking Water System serving the Village of Chesterville contains elevated levels of sodium.

Provincial Regulations require the operator or owner of a drinking water system notify the Medical Officer of Health should sodium levels be higher than 20 milligrams of sodium per liter of water. Samples collected in February 2017 indicated an average concentration of 33.4 milligrams of sodium per liter of water. The Medical Officer of Health has instructed us to inform you of these tests and provide the following advice.

Sodium is an essential dietary element: however, for some individuals who suffer from hypertension, chronic kidney disease, or congestive heart failure, restricting daily sodium intake is essential in managing their condition. It is therefore necessary that these individuals be made aware that drinking tap water may be increasing their daily sodium intake. The Medical Officer of Health has recommended that people on sodium restricted diets who regularly consume municipal tap water consult their family physician regarding any precautions that may be required.

For individuals not on sodium restricted diets, Health Canada recommends that people over one year of age consume between 1,000 and 1,500 milligrams of sodium per day.

For comparison purposes, 250ml of 2% milk contains 106mg of sodium.



This letter is to inform you that recent samples collected from the Drinking Water System serving the Village of Winchester contains elevated levels of sodium.

Provincial Regulations require the operator or owner of a drinking water system notify the Medical Officer of Health should sodium levels be higher than 20 milligrams of sodium per liter of water. Samples collected in February 2017 indicated an average concentration of 47.6 milligrams of sodium per liter of water. The Medical Officer of Health has instructed us to inform you of these tests and provide the following advice.

Sodium is an essential dietary element: however, for some individuals who suffer from hypertension, chronic kidney disease, or congestive heart failure, restricting daily sodium intake is essential in managing their condition. It is therefore necessary that these individuals be made aware that drinking tap water may be increasing their daily sodium intake. The Medical Officer of Health has recommended that people on sodium restricted diets who regularly consume municipal tap water consult their family physician regarding any precautions that may be required.

For individuals not on sodium restricted diets, Health Canada recommends that people over one year of age consume between 1,000 and 1,500 milligrams of sodium per day.

For comparison purposes, 250ml of 2% milk contains 106mg of sodium.