

M E M O R A N D U M

TO: Tanya McNab, Principal Admaston PS

CC: Superintendent, Area Supervisor, Chief Custodian

FROM: Paula Van Hoof

DATE: January 14, 2022

RE: Water Quality Tests – Sodium Levels

Water sampling has been conducted at Admaston Public School as per Schedule 23 and 24 of the Ontario Drinking-Water Quality Standards Regulation O.Reg. 170/03. The sampling results have been received and show that the Sodium continues to remain at an elevated level since the last testing in 2016. The test sample showed a Sodium level of 126 mg/L. The target level for Sodium is 20mg/L.

A Public Health Inspector for Renfrew County has confirmed that the water is safe for consumption. Water consumers at Admaston Public School (staff, students, volunteers, parents, visitors) should be made aware of this level. To convey the information please follow the below outline:

- post the attached sign at all drinking water sources throughout the school and on the H&S bulletin board;
- attach a copy of this memo to the next school newsletter;
- attach a copy of this memo to the first newsletter of every new school year;
- discuss it at your next school council and staff meetings and,
- post the attached sign and a copy of this memo on your school webpage.

Any individuals with hypertension or on a Sodium-restricted diet should discuss the Sodium level (166 mg/L) with their physician.

Below is a portion of the Ontario Drinking Water Standard (Revised June 2006) that refers to Sodium for your reference.

Sodium

The aesthetic objective for sodium in drinking water is 200 mg/L at which it can be detected by a salty taste. Sodium is not toxic. Consumption of sodium in excess of 10 grams per day by normal adults does not result in any apparent adverse health effects. In addition, the average intake of sodium from water is only a small fraction of that consumed in a normal diet. A maximum acceptable concentration for sodium in drinking water has, therefore, not been specified. Persons suffering from

hypertension or congestive heart disease may require a sodium-restricted diet, in which case, the intake of sodium from drinking water could become significant. It is therefore recommended that the measurement of sodium levels be included in routine monitoring programs of water supplies. The local Medical Officer of Health should be notified when the sodium concentration exceeds 20 mg/L, so that this information may be passed on to local physicians.

For further information or clarification of any issues raised in this memo, please contact the Health & Safety Department at 613- 735-0151 or the Renfrew County & District Health Unit at 613-735-8654.

Thank you for your cooperation.