

NOTICE TO: STAFF, STUDENTS and COMMUNITY **MEMBERS of Rideau District High School**

The Medical Officer of Health has instructed us to inform those using our facilities of sodium level test results and provided the following information:

- Any level of sodium above 20 mg/l must be reported to the Medical Officer of Health.
- A sample taken on May 05, 2021 revealed a sodium level of 86 mg/l, while the repeat sample taken on May 14, 2021 has shown a sodium level of 92 mg/l.

Based on the levels of sodium reported above, consuming the following amounts of water would add the following amounts of sodium to the diet:

- One litre of the water each day would add 92 mg of sodium
- Two litres of water would add 184 mg of sodium and
- Three litres of water would add 276 mg of sodium.

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.

If you have any questions regarding this issue, please contact the Lanark, Leeds, Grenville & Lanark District Health Unit at 1-613-345-5685 or at 1-800 660-5853.