

June 23, 2026

Dear Resident:

Recent water test results from Century Heights Subdivision Drinking Water System indicated a **Sodium** level of 20.7 mg/L (milligrams per litre). This level exceeds the drinking water requirements under Ontario Regulation 170/03 of 20 mg/L. **This is important information for people who are on a sodium-reduced diet.**

What is Sodium?

Sodium is a commonly found element in the natural environment and is often present in both food and drinking water. In drinking water, sodium can occur naturally or may result from the application of road salt, the addition of water treatment chemicals, or the use of ion-exchange water-softening systems. Additionally, the levels of sodium can vary in bottled water and carbonated beverages, depending on the brand.

Who Should Be Concerned?

Sodium concentrations in drinking water are not a concern for most people. Adults without apparent adverse health effects consume an amount in excess of 10 grams of sodium per day. In addition, the average intake of sodium from water is only a small fraction of that consumed in a normal diet.

Elevated sodium concentrations in drinking water may have implications for the following groups, and a sodium-restricted diet may be required:

- Individuals with poorly controlled or severe hypertension
- Individuals with congestive heart failure
- Individuals with other medical conditions requiring a sodium-restricted diet
- Infants

A maximum acceptable concentration for sodium in drinking water has not been specified because sodium is not considered a toxic element; however, an aesthetic objective of 200 mg/L is set, as water often develops an offensive taste above this level. An additional requirement is that sodium levels exceeding 20 mg/L in public drinking water supplies must be reported to the local Medical Officer of Health, as this level may be a possible risk for some people.

What to Do?

It is recommended that residents who are on a sodium-reduced or restricted diet consider an alternative source of drinking water (i.e., bottled water). This would also be recommended for water that is used for cooking as well as the concentration of sodium can increase when water is boiled.

According to Ontario Regulation 170/03, sampling for sodium occurs every 60 months (5 years). Any visitors to your home should be advised of the elevated sodium levels in the water in the event they are included in the at-risk groups listed above.

Softening water through sodium-ion exchange, such as with a water softener, can raise the sodium levels in drinking water, potentially contributing significantly to a consumer's daily sodium intake, especially for those on a sodium-restricted diet. It is recommended that a separate, unsoftened supply be available for drinking purposes. Consultation with a physician and the consumption of an alternate low-sodium, supply of water is recommended for this risk group.