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## Sodium in Drinking Water

The Township of Stirling-Rawdon Drinking Water System and the Hastings Prince Edward Public Health Unit are advising that routine water monitoring has detected slightly elevated sodium levels in the water produced by the Stirling Drinking Water Plant. For Healthy individuals, the sodium concentrations that have been found do not pose a health risk, however provincial legislation requires water system operators to advise Medical Officers of Health when a sodium sample result exceeds 20 milligrams per litre (20 mg/l). The Township of Stirling-Rawdon and Hastings Prince Edward Public Health Unit are therefore advising local physicians of the situation. Patients on sodium restricted diets are being made aware so they can consider all potential sources of sodium, including municipal drinking water.

The Stirling-Rawdon Drinking Water Supply regularly monitors and tests municipal drinking water quality and as noted above, recently found sodium levels in the treated drinking water has at times exceeded the reporting requirement. Based on a sample collected February 28, 2024 the sodium concentration was 35.4 mg/l.

The sodium is naturally occurring from the ground water source that is used to supply the Stirling Drinking Water System. The amount of sodium consumed from drinking water represents a very small percentage of the total amount of sodium consumed by the average person in a day. Most Canadians consume approximately 3400 mg of sodium per day, with the main source being processed foods and beverages. At a sodium level of 35.4 mg/l, drinking two litres of water from the Stirling Drinking Water System each day would contribute about 70.8 mg of sodium to the total daily intake.

Should you have further questions or concerns please contact the Environmental Manager at the Township of Stirling-Rawdon or a Public Health Inspector with HPEC.

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