



June 13, 2022

**INFORMATION CONCERNING THE
WATER SUPPLY AT TWP OF HAMILTON (CREIGHTON
HEIGHTS WTP)**

TO: ALL VISITORS AND RESIDENTS

Please be advised that a sodium concentration of 32.4 milligrams per litre of water (mg/L) has been detected in the Twp of Hamilton (Creighton Heights WTP) drinking water supply.

The average intake of sodium from water with these sodium concentrations is a small portion of that consumed in the normal diet (approximately 5000 mg. per day). Foods such as two thin slices of processed cheddar cheese or a hot dog have approximately 650 mg, a fast food restaurant hamburger 1070 mg of sodium (*Nutrient Value of Some Common Foods: Health Canada*).

When sodium levels exceed 200 mg/L, the water will generally taste too salty to drink.

Sodium concentrations above 20 mg/L in drinking water may affect people who are on sodium restricted diets. If you drink this water and are on a sodium-restricted diet or have high blood pressure, you should drink an alternate supply of water until you have discussed the potential health risks of an increased sodium intake with your health care provider.

For personal health risks to you associated with consumption of drinking water with excessive levels of sodium you are referred to a medical physician. For general questions regarding drinking water, you may contact a Public Health Inspector; at (705)324-3569; Monday to Friday 8:30 a.m. to 4:30 pm.

Information regarding sodium can also be found at;
<http://www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/sodium/index-eng.php>

Yours truly

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PROTECTION · PROMOTION · PREVENTION

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