

## **Sodium Levels in Kleinburg Drinking Water**

As part of the City of Vaughan's ongoing water sampling program, the Public Works Department recently collected water samples to be tested for sodium level. Kleinburg sample results indicated sodium content higher than 20 milligrams per litre, which is considered as adverse results (O. Reg. 170/03, Sched. 16-3. (1) 8).

Although less than 5-10% of the daily intake of sodium comes from water, the intake from this source could be significant for persons suffering from severe hypertension or congestive heart failure who may require a sodium-restricted diet. People with these conditions should consult their physicians.

The City of Vaughan receives its drinking water from the Regional Municipality of York. Water for the Kleinburg area is supplied from a well operated by the Region. The elevated levels of sodium in the water are a result of the natural groundwater conditions, and are not related in any way to the operation of the City's water distribution system.

For more information, click on the York Region Health link below:

<http://www.york.ca/NR/rdonlyres/k3broiswjmcrhbquvki3ihq4boai4ylcx73lb3rscem4677nygiuiapvil4zheq7phlsq2fawsg2lta7ndto2zuf/Safe+Water+factsheet.pdf>