



April 25, 2014

The Corporation of the Municipality of Huron East
72 Main Street South
P.O. Box 610
Seaforth, ON N0K 1W0
Attention: Mr. Barry Mills, Public Works Manager

**RE: Seaforth Drinking Water System
40 Welsh Street, Seaforth**

Dear Mr. Mills,

The results of the analyses of water samples taken from the Seaforth Drinking Water System on April 7, 2014 show the presence of sodium in the drinking water at a concentration of 57.8 mg/L (milligrams per litre) and the presence of fluoride in the drinking water at a concentration of 1.69 mg/L. The results of the analyses of water samples taken on April 10 and April 15, 2014 show the presence of sodium and fluoride in the drinking water at concentrations of 56.8 mg/L and 1.81 mg/L respectively.

A Maximum Acceptable Concentration for Sodium in drinking water has not been established however, persons suffering from hypertension or congestive heart disease may require a sodium-restricted diet, in which case, the intake of sodium from drinking water can become significant. It is recommended that people receiving water containing a concentration of sodium higher than 20 mg/L be notified of the sodium concentration present in the water in order that they may inform their health care provider.

Under the Ontario Drinking Water Quality Standards, the Maximum Acceptable Concentration for fluoride in drinking water is 1.5 mg/L. Water containing naturally occurring levels of fluoride of between 1.5 mg/L and 2.4 mg/L can be used, including for consumption purposes, provided that the users of the water are informed of measures which can be implemented to control excessive exposure to fluoride, especially in younger children. Users of the Seaforth Drinking Water System should be provided with a copy of the attached information sheet on how to control excessive exposure to fluoride in drinking water.

If you, or the users of the Seaforth Drinking Water System, have any questions regarding this letter or the information sheet, please feel free to contact me at 519-482-3416 extension 2002.

Sincerely,

Jean-Guy Albert
Public Health Manager
Huron County Health Unit

c.c. File

Huron County Health Unit
77722B London Road, RR 5, Clinton, ON N0M 1L0 CANADA
Tel: 519.482.3416 Fax: 519.482.7820

www.huronhealthunit.ca

IMPORTANT WATER QUALITY INFORMATION

The results of the analyses of samples taken from the Seaforth Drinking Water System indicate a naturally occurring *fluoride* concentration of 1.81 mg/L (milligrams per litre) in the water. This level exceeds the Ontario Drinking Water Quality Standard of 1.5 mg/L of *fluoride* in drinking water.

What is *Fluoride*?

Fluoride is a natural mineral found in the soil, in water (fresh and salt) and in various foods. *Fluoride* levels in water, including in groundwater, can vary. At low levels in the drinking water, *fluoride* helps in the prevention of dental cavities and in the improvement of dental health. As such, many Canadian communities add *fluoride* to their water supply. Health Canada recommends a level of 0.7 mg/L when *fluoride* is added to drinking water to maintain the prevention of tooth decay. The consumption of drinking water containing elevated levels of *fluoride* can increase the risk of dental fluorosis, a cosmetic condition characterized by white spots on the teeth.

Recommendations if the natural *fluoride* concentration in the drinking water is between 1.5 mg/L and 2.4 mg/L.

The water can be used, including for consumption purposes. Infant formula should be prepared with drinking water containing a concentration of *fluoride* of 1.5 mg/L or less. Parents of children up to the age of 6 years should consult with a health professional to determine if their child is at risk of developing tooth decay and whether fluoridated toothpaste should be used. If fluoridated toothpaste is recommended, only a small amount should be used; a rice grain sized amount for children up to 3 years of age, and a green pea sized amount for children between the ages of 3-6 years. Parents should assist their children with the brushing of their teeth and teach them not to swallow the toothpaste. Fluoridated mouthwash or mouth rinses should not be given to children under the age of 6 years. Fluoridated mouthwash and *fluoride* supplements should not be used unless specifically recommended by a health professional. See your family dentist or physician for advice on your situation.

A treatment system can be installed in the home to reduce the amount of *fluoride* in the drinking water to concentrations of less than 1.5 mg/L.

**A PUBLIC HEALTH NOTICE PROVIDED BY
THE HURON COUNTY HEALTH UNIT**