



October 18, 2018

Barry Mills  
Public Works Manager  
Municipality of Huron East  
Box 610  
72 Main Street South  
Seaforth, Ontario  
N0K 1W0

**RE: Brussels Drinking Water System  
66 McCutcheon Drive, Brussels**

Dear Mr. Mills,

Provincial legislation requires that drinking water supplied from communal drinking water systems be tested every 5 years for the presence of fluoride. The results of the analyses of water samples taken from the Brussels Drinking Water System on October 2, 2018 and on October 10, 2018 show the presence of fluoride in the drinking water at levels of 2.11 mg/L (milligrams per litre) and 2.02 mg/L respectively..

Under the Ontario Drinking Water Quality Standards, the acceptable level for fluoride in drinking water is 1.5 mg/L or less. Continuous exposure to elevated levels of fluoride can increase the risk of dental fluorosis in young children. Dental fluorosis is not a health related condition, but a cosmetic one, that is characterized by white spots on the teeth.

Included with this letter is information on ways to reduce exposure to fluoride when the level in the drinking water is between 1.5 mg/L and 2.4 mg/L.

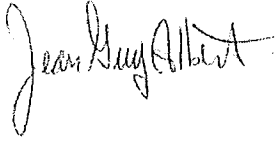
Please share the contents of this letter, along with the attached information on fluoride, with the users of the drinking water provided by the Brussels Drinking Water System. The Health Unit recommends that this be done on a yearly basis.

If you, or the users of the drinking water, have any questions regarding this letter, please contact me at 519-482-3416 extension 2002.

**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](http://www.huronhealthunit.ca)

Sincerely,

A handwritten signature in black ink that reads "Jean-Guy Albert". The signature is written in a cursive, flowing style.

Jean-Guy Albert  
Public Health Manager  
Huron County Health Unit

Attachment

c.c. File



## IMPORTANT WATER QUALITY INFORMATION

The results of the analyses of samples taken from the Brussels Drinking Water System indicate a naturally occurring fluoride level of 2.11 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 level 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 level of fluoride of 1.5 mg/L or less. Parents of children up to the age of 6 years should consult with a health care 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 care 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**

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