



April 25, 2019

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
Municipality of Huron East**

Dear Mr. Mills,

Provincial legislation requires that drinking water supplied from communal drinking water systems be tested every 5 years for the presence of sodium and fluoride. The results of the analyses of water samples collected from the Seaforth Drinking Water System in April 2019 show the presence of sodium in the drinking water at a level of 49.8 mg/L (milligrams per litre) and the presence of fluoride at a level of 1.79 mg/L.

A Maximum Acceptable level for sodium in drinking water has not been established however, persons suffering from hypertension or congestive heart disease may require a sodium-restricted diet. The continuous intake of sodium from drinking water contributes to the overall sodium consumption. People, especially those who are on a sodium-restricted diet, receiving water containing a level of sodium higher than 20 mg/L, should be notified of the sodium level present in the water in order that they may consult with their health care provider.

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 Seaforth Drinking Water System. The Health Unit recommends that this be done on a yearly basis.

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

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

Sincerely,



Jean-Guy Albert
Public Health Manager
Huron County Health Unit

Attachment

c.c. Lucas Egli
File



IMPORTANT WATER QUALITY INFORMATION

The results of the analyses of samples taken from the Seaforth Drinking Water System indicate a naturally occurring fluoride level of 1.79 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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