



Renfrew County District School Board

1270 Pembroke Street West, Pembroke, Ontario K8A 4G4 Tel. (613) 735-0151 • Fax: (613) 735-6315

HEALTH, SAFETY & WELLNESS DEPT.

MEMORANDUM

TO: Amy Johnson, Principal Opeongo High School
CC: Area Superintendent, Chief Custodian
FROM: Bill Murray
DATE: October 13, 2011
RE: Water Quality Tests

Water sampling has been conducted at Opeongo High School as per Schedule 23 and 24 of the Ontario Drinking-Water Quality Standards Regulation O.Reg. 170/03. The sampling results have been received and show that the Sodium is at an elevated level. The test sample taken October 5, 2011 showed a Sodium level of 32.5mg/L. The target level for Sodium is 20mg/L.

A Public Health Inspector for Renfrew County has confirmed that the water is safe for consumption. Water consumers at Opeongo High School (staff, students, volunteers, parents, visitors) should be made aware of this level. To convey the information; attach a copy of this memo to the next school newsletter, post a copy on the H&S bulletin board, and discuss it at your next school council and staff meetings.

Any individuals with hypertension or on a Sodium-restricted diet should discuss the Sodium level (32.5mg/L) with their physician.

I am including the portion of the Ontario Drinking Water Standard (Revised June 2006) that refers to Sodium for your information.

Sodium

The aesthetic objective for sodium in drinking water is 200 mg/L at which it can be detected by a salty taste. Sodium is not toxic. Consumption of sodium in excess of 10 grams per day by normal adults does not result in any apparent adverse health effects. In addition, the average intake of sodium from water is only a small fraction of that consumed in a normal diet. A maximum acceptable concentration for sodium in drinking water has, therefore, not been specified. Persons suffering from hypertension or congestive heart disease may require a sodium-restricted diet, in which case, the intake of sodium from drinking water could become significant. It is therefore recommended that the measurement of sodium levels be included in routine monitoring programs of water supplies. The local Medical Officer of Health should be notified when the sodium concentration exceeds 20 mg/L, so that this information may be passed on to local physicians.



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Consultation with the Renfrew County & District Health Unit will continue. A second set of samples will be taken next week. Results will be forwarded to the school when they are received.

For further information or clarification of any issues raised in this memo, please contact me at 735-0151 ext 2263.

Sincerely,

Bill Murray
Interim Plant Manager,
Manager of HS&W

BM/pvh