



February 2, 2016

To the users of the Zurich Drinking Water System,

The results of the analyses of water samples taken from the Zurich Drinking Water System on January 20, 2016 and on January 26, 2016 show the presence of fluoride in the drinking water at levels of 1.75 mg/L (milligrams per litre) and 2.08 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 in 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.

If you have any questions regarding this letter please feel free to contact me at 519-482-3416 extension 2002.

Sincerely,

Jean-Guy Albert
Public Health Manager
Huron County Health Unit

Attachment: 1

IMPORTANT WATER QUALITY INFORMATION

The results of the analyses of samples taken from the Zurich Drinking Water System show a naturally occurring fluoride level of more than 1.5 mg/L but less than 2.4 mg/L in the 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.

If infant formula is used, it should be prepared with drinking water containing a level of fluoride of less than 1.5 mg/L. Read the ingredients if using bottled water as some bottled water may contain fluoride.

Children under the age of 3 years should have their teeth brushed by an adult without using any toothpaste.

If fluoridated toothpaste is used for children between the ages of 3 and 6 years, use no more than a pea-sized amount. Supervise children while they brush and teach them not to swallow the toothpaste.

Mouthwash or mouth rinse containing fluoride should not be used. Only use fluoride supplements when advised to do so by a dentist. Inform the dentist of the fluoride levels in your drinking water.

Exposure to fluoride can be further reduced by using another source of water that contains less than 1.5 mg/L of fluoride for all water consumption purposes or by installing a treatment system in the home that can reduce the amount of fluoride in the drinking water to levels below 1.5 mg/L.

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



March 7, 2017

Bruce Grant
Manager of Public Works (Acting)
Municipality of Bluewater
Box 250, 14 Mill Avenue
Zurich, ON N0M 2T0

RE: Zurich Drinking Water System

Dear Mr. Grant,

Provincial legislation requires that drinking water supplied from communal drinking water systems be tested every 5 years for the presence of sodium. The results of the analyses of water samples taken from the Zurich Drinking Water System on February 21st and 27th 2017 show the presence of sodium in the drinking water at levels of 41.1 mg/L (milligrams per litre) and 44.0 mg/L respectively.

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 intake of sodium from drinking water therefore 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 inform their health care provider.

Please share the information contained in this letter with the users of the drinking water provided by the Zurich Drinking Water System.

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

Sincerely,

Jean-Guy Albert
Public Health Manager
Huron County Health Unit

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