

How much sodium is in your water?

Important Information for Residents Regarding Sodium-Restricted Diets

The sodium concentration in drinking water reflects the level found in the Grand River and is not removed by conventional water treatment processes. In 2020, the sodium in Brantford's drinking water had an average concentration of 64 mg/L. Sources of sodium in the Grand River may be from geological salts that are naturally washed out of rocks and soils as well as what is contributed from road salt and discharges from water softeners.

Health Canada's aesthetic guideline for sodium in drinking water is 200mg/L. Above this concentration, water is unpleasantly salty.

As required in the Ontario Drinking Water Systems Regulation 170/03 under the Safe Drinking Water Act, the City of Brantford notifies our local Medical Officer of Health when the sodium concentration is 20mg/L or greater. This allows physicians to provide further support to patients who have been medically advised to follow sodium-restricted diets.

For healthy individuals, sodium in water at this concentration is not a health concern.



Sodium-based salts are commonly used in water softeners. If you use a water softener in your home, please note that it will increase the sodium level in the drinking water and can contribute to a person's daily sodium intake.

Overall, sodium from municipally supplied drinking water is responsible for a very small fraction of the total sodium consumed daily.

For additional information on health impacts from sodium in drinking water please contact the Brant County Health Unit at 519-753-4937 ext. 470



519-759-4150
brantford.ca/Sodium

What **NOT** to flush down the toilet

Flushing certain items causes significant problems at the City's wastewater treatment plant and can even result in a back-up of the sewer line into your home.

The following items should never be flushed down the toilet:

- Condoms
- Cotton swabs
- Dental floss
- Diapers
- Grease/fat from food
- Hair
- Old medicines
- Personal care wipes/
baby wipes
- Sanitary products
- Tampons



Why wipes don't belong in the toilet



Products like personal wipes, baby wipes, makeup remover cloths, and disinfectant wipes **DO NOT** break down in our sanitary sewer system. These products may be advertised as being "flushable" but they are made of a synthetic material that can cause sewer backups

in your home, and cause damage to the City's sewer system. Please remember that these "flushables" should always be disposed of in the **garbage**. Wipes **should not** be recycled.