

Legislation dictates that owners of residential drinking water systems sample treated water for Sodium once every 60 months (5 years) unless there is an exceedance. In the event of an increase in sodium, sampling requirements may change based on instruction from the local Health Unit. The below table lists the most current sodium sampling results for Kawartha Lakes drinking water systems.

| 21 Drinking Water Systems | Sample Date (yyyy/mm/dd) | Sample Result (mg/L Treated Water) | *MAC (Maximum Acceptable Concentration) |
|----------------------------------|---------------------------------|---|--|
| Birch Point Estates | 2026 01 09 | 57.8 | 20 mg/L * |
| Bobcaygeon | 2023 01 20 | 8.13 | 20 mg/L * |
| Canadiana Shores | 2023 01 03 | 16.7 | 20 mg/L * |
| Fenelon Falls | 2023 01 04 | 7.52 | 20 mg/L * |
| Janetville | 2023 01 03 | 8.31 | 20 mg/L * |
| King's Bay | 2025 01 08 | 6.91 | 20 mg/L * |
| Kinmount | 2025 01 30 | 8.50 | 20 mg/L * |
| Lindsay | 2022 07 05 | 38.2 | 20 mg/L * |
| Manilla | 2025 01 08 | 18.1 | 20 mg/L * |
| Manorview | 2025 01 15 | 5.02 | 20 mg/L * |
| Mariposa Estates | 2025 01 09 | 35.2 | 20 mg/L * |
| Norland | 2025 01 27 | 6.13 | 20 mg/L * |
| Omemee | 2025 01 09 | 33.1 | 20 mg/L * |
| Pinewood | 2023 01 03 | 10.3 | 20 mg/L * |
| Pleasant Point | 2023 01 03 | 16.2 | 20 mg/L * |
| Sonya | 2023 12 11 | 12.6 | 20 mg/L * |
| Southview Estates | 2023 01 06 | 13.8 | 20 mg/L * |
| Victoria Place | 2026 01 09 | 34.0 | 20 mg/L * |
| Western Trent/Palmina | 2023 12 11 | 21.5 | 20 mg/L * |
| Woodfield | 2025 01 15 | 18.1 | 20 mg/L * |
| Woodville | 2023 01 06 | 11.0 | 20 mg/L * |

* The aesthetic objective (when Sodium can be tasted in the water) is 200 mg/L. The MAC (Maximum Acceptable Concentration) is set far lower at 20 mg/L to ensure that any increase in Sodium is monitored while amounts are low. If you are on a Sodium restricted diet, and your drinking water exceeds the Maximum Acceptable Concentration of 20 mg/L (results for each drinking water system above), you may want to consult with your healthcare provider.