

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 *
Omeme	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.