

# **Sodium Exceedance Public Notice**

**Sodium levels exceeding 20mg/L  
may be unsafe for persons on  
sodium-restricted diets.**

**The Medical Officer of Health  
recommends, if you are on a  
sodium-restricted diet, to use  
water obtained from an alternate  
drinking water source or purchase  
low sodium (less than 20 mg/L)  
bottled water.**



North Bay Parry Sound District  
**Health Unit**