



**RENFREW COUNTY CATHOLIC DISTRICT SCHOOL BOARD**



# **NOTICE**



Recent testing of the drinking water has shown that the sodium content of the water at St. Michael's School is 71.4 mg/L. The recommended level is 20 mg/L.

Please consult your physician with any concerns regarding your sodium intake.

Persons suffering from hypertension or congestive heart disease may require a sodium-restricted diet, in which case, the intake of sodium from drinking water could become significant. It is therefore recommended that the measurement of sodium levels be included in routine monitoring programs of water supplies.

