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## Notice to Consumers of Ramara Municipal Drinking Water

Provincial water regulations require that sodium concentrations in municipal drinking water be tested every five years and report to the Medical Officer of Health when sodium levels exceed 20 mg/L. In August of 2025 the following drinking water systems were tested and had the following ranges of sodium:

<b>Drinking Water System Name:</b>	<b>Sodium Result Ranges (mg/L)</b>
Bayshore Village DWS	27.9 – 28.7 mg/L
Breachin Lagoon City DWS	39.3 – 40.0 mg/L
Davy Drive DWS	23.4 – 25.3 mg/L
South Ramara DWS	37.5 - 39.6 mg/L
Val Harbour DWS	23.9 – 24.2 mg/L
Park Lane Crescent DWS	66.1 – 74.2 mg/L

Sodium is a common element in the natural environment and is often found in both food and drinking water.

For most healthy individuals, the sodium levels detected in these systems are not a concern. For individuals on sodium-restricted diets due to certain health conditions, these levels may be of concern and should be reviewed with a health care provider.

If you have questions about personal health risks related to sodium in drinking water, please consult your health care practitioner.

Additional information regarding sodium in drinking water is available from:

- [Simcoe Muskoka District Health Unit Website](#)
- [Government of Canada: Guidelines for Canadian Drinking Water Quality: Guideline Technical Document- Sodium](#)