



Advisory: Sodium in Drinking Water

To: Interested Parties

From: The Snohomish Health District

Subject: Sodium in Drinking Water

The Snohomish Health District (SHD) has received the laboratory results of the sodium testing for your well water. The results indicate the presence of sodium in the water with the concentration greater than 20 milligrams per liter (mg/l). The United States Environmental Protection Agency has indicated that for healthy persons, the sodium content of water is unimportant because the intake from salt is so much greater, but for persons placed on a low-sodium diet because of heart, kidney, or circulatory ailments, or complications of pregnancy, sodium in water must be considered.

The usual low-sodium diets allow for 20 mg/l sodium in the drinking water. When this limit is exceeded, such persons should seek a physician's advice on diet and sodium intake.

For additional information on sodium, water quality testing, or other drinking water issues, please contact the SHD at 425.339.5250.

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