



## 2018 Annual Drinking Water Quality Report

For

Manchester Water

Manchester-by-the-Sea, Massachusetts

MassDEP PWSID # 3166000

This report is a snapshot of drinking water quality that we provided last year. Included are details about where your water comes from, what it contains, and how it compares to state and federal standards. We are committed to providing you with information because informed customers are our best allies.

### 1. PUBLIC WATER SYSTEM INFORMATION

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### WATER SYSTEM IMPROVEMENTS

Our water system is routinely inspected by the Massachusetts Department of Environmental Protection (MassDEP). MassDEP inspects our system for its technical, financial, and managerial capacity to provide safe drinking water to you. To ensure that we provide the highest quality of water available, your water system is operated by Massachusetts certified operators who oversee the routine operation of our systems. The Gravelly Pond Water Treatment Facility has been contract operated since it went online in 1997. The operation of the Manchester Water Treatment Facilities is performed by Woodard & Curran Inc., the town's contract operator since the year 2000. The Department of Public Works operates the distribution system under the Director.

During 2018, approximately 1300 feet of new 8" diameter water main was installed on Ocean Street and 340 feet of main on Mark Street. This new main on Ocean Street replaced an 8" main which was installed in 1890. Both mains had had a history of breaks. In addition to the new water mains, 3 new main line valves were installed elsewhere in the distribution system to provide the Town's staff with better control of the water system in the event of a main break. 15 new hydrants were installed at various locations around town as well. Several of the hydrants replaced were over 100 years old and could not be operated by fire department personnel in the event of an emergency. At our water treatment plant, both a finished water and raw water pump were rebuilt which will provide operational redundancy in each pumping system. The most recent Sanitary Survey was conducted in October 2017 by MassDEP and there were no violations, however two recommendations were implemented as a result of the survey. In April of 2018 there was a Leak Detection Survey conducted of the entire water system, and all leaks that were detected have been repaired. The water tower on Moses Hill was inspected in June of 2018 and was in very good condition. Also, results of Lead and Copper testing in 2018 were very good as the town's 90th percentile reading for lead came back as 0.002 mg/L and 0.24 mg/L for copper, both well below their respective action level of .015 mg/L and 1.3 mg/L.

### OPPORTUNITIES FOR PUBLIC PARTICIPATION

The Board of Selectmen serves as the Water Commissioners. The Board currently meets on the first and third Monday of every month, with additional meetings held as needed. All residents are welcome to attend and participate in these meetings but call in advance if you desire to be on the agenda.

## **MANCHESTER PUBLIC WATER SYSTEM**

The Manchester Public Water System Consists of the following:

- Gravelly Pond Water Treatment Facility; Gravelly Pond Reservoir with Round Pond Well used as an aid for Gravelly Pond recharge
- Lincoln Street Well Water Treatment Facility; Lincoln Street Well
- Distribution System: 37 miles of public water mains, with a majority of the mains being over 50 years old, with some over 100; Water Storage Facility: Moses Hill Standpipe with a capacity of 1.7 MGD.

## **2. YOUR DRINKING WATER SOURCES**

### **WHERE DOES MY DRINKING WATER COME FROM?**

The first source, Gravelly Pond (MassDEP Source ID# 3166000– 01S), is a surface water reservoir, which is located off Chebacco Road in Hamilton. Last year, it provided approximately 59.16 percent of Manchester’s drinking water. The reservoir has a surface area of 49 acres and a capacity of over 360 million gallons when full. The pond is fed by rainfall, runoff from the surrounding area, and groundwater springs. The pond’s watershed, or area that drains into the pond, is relatively small and the ability of the pond to recharge or fill back up, is limited.

The second source is the Lincoln Street Well (MassDEP Source ID# 3166000-01G). This is a 58-foot-deep, 500 GPM, gravel packed well which is located next to the Manchester/Essex Regional Junior/ Senior High School on Lincoln Street in Manchester. Groundwater is pumped from a sand and gravel deposit that underlies the area. Last year the Lincoln Street Well provided approximately 40.84 percent of Manchester’s drinking water.

To supplement the Gravelly Pond supply and in aiding with watershed recharge, the Town pumps water from the Round Pond Well (MassDEP Source ID# 3166000-02G) which is located along Chebacco Road in Hamilton into Gravelly Pond. A total of 76,846,500 gallons were transferred in 2018.

### **IS MY WATER TREATED?**

The Gravelly Pond Water Treatment Facility treats water from Gravelly Pond and Round Pond. Treatment processes include oxidation, coagulation, pH adjustment, clarification, filtration, fluoridation, disinfection and corrosion control. Filtration is a mechanical and chemical process used to remove particulates from water. Federal and State drinking water regulations require all surface sources to be filtered and disinfected to remove harmful micro-organisms. Filtration is used to remove microorganisms and oxidized iron and manganese, (compounds which can cause discolored water at higher concentrations). Disinfection, fluoridation, pH adjustment and corrosion control are accomplished with chemical additives at the Lincoln St. Well pump station and treatment facility with no filtration.

### **HOW ARE THESE SOURCES PROTECTED?**

#### **WATERSHED PROTECTION**

One of the best ways to protect your drinking water is to take measures so pollutants don’t get into it in the first place. To protect Manchester’s water supplies, the town has acquired the land surrounding Gravelly Pond and restricts activities in this area to passive recreation such as hiking and cross-country skiing. Unfortunately, over many years the Town did not protect its Lincoln St. well and there are numerous activities that would not normally be in a protective Zone I area that are currently. The Town has or will have agreements with the Regional School District and Essex County Club to assure maximum protection of our drinking water resource is followed.

The Department of Environmental Protection published its Source Water Assessment Program (SWAP) Report for Manchester' Public Water Supply on June 27, 2003. The SWAP report notes that both our Lincoln Street Well and Gravelly Pond sources have land uses adjacent to the source that would be prohibited under today's regulations. The SWAP report has seven recommendations. The two critical recommendations are as follows:

1. Continue to inspect Zone A and Zone 1 areas regularly, and when feasible, remove prohibited non-water supply activities.
2. Develop and implement a groundwater and surface water supply protection plan.

The complete SWAP report is available in the Department of Public Works office where it can be reviewed during normal business hours or call 978-526-1242 for additional information.

### **CROSS CONNECTION CONTROL**

Cross connection control helps to protect drinking water once it is in the distribution system. A cross connection occurs when non-potable water or piping is connected to the water supply system. Examples of areas where cross connections can be found in commercial establishments include dishwashers, air conditioning systems, fire protection systems, boilers, boat piers and private wells.

### **WATER CONSERVATION**

Water conservation is an important issue for Manchester. In addition to its importance as a natural resource, wasting it causes additional costs in pumping and costs you additional fees on your water bill. Water conservation can also have an impact on the quality of the Town's drinking water. In particular, excessive use causes higher flows, which in turn can cause turbulence in the water mains by churning up sediment, resulting in colored water and reduced pressures.

- Install water-saving devices: You can save water by installing low-flow showerheads, high- efficiency toilets, and kitchen/bathroom faucet aerators.
- Take shorter showers: Reduce your shower by 1 – 2 minutes and save 5 gallons!
- Turn water off while brushing your teeth: Save 3 gallons!
- Fix leaky faucets: Save up to 20 gallons a day!
- Wash a full load of laundry: Save 15 – 50 gallons per load!
- Broom instead of Hose: You can save as much as 100 gallons of water by cleaning your driveway by sweeping instead of using the hose.
- Water before 8 a.m.: You can save about 25 gallons each time you water, by watering before 8 a.m. Watering early reduces evaporation and puts that water to work helping your plants grow.

**There are many steps you can take to reduce your water use. Additional information on reducing water use is available from the DPW Office at (978)526-1242.**

### **3. SUBSTANCES FOUND IN TAP WATER**

Sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals, and in some cases, radioactive material. Substances resulting from the presence of animals or from human activity can also be picked up. Contaminants that may be present in source water include:

**Microbial contaminants** -such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

**Inorganic contaminants** -such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, and farming.

**Pesticides and herbicides** -which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

**Organic chemical contaminants** -including synthetic and volatile organic chemicals, which are by- products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.

**Radioactive contaminants** -which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the Department of Environmental Protection (DEP) and U.S. Environmental Protection Agency (EPA) prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. The Food and Drug Administration (FDA) and Massachusetts Department of Public Health (DPH) regulations establish limits for contaminants in bottled water that must provide the same protection for public health. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and some infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control and Prevention (CDC) guidelines on lowering the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800- 426-4791).

#### 4. IMPORTANT DEFINITIONS

**Maximum Contaminant Level (MCL)** – The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology. MCL's are set at very stringent levels. To understand the health effect described for many regulated contaminants a person would have to drink two liters of water every day at the MCL levels for a lifetime to have a one-in-a-million chance of having the described health effect.

**Maximum Contaminant Level Goal (MCLG)** –The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Maximum Residual Disinfectant Level (MRDL)** -- The highest level of a disinfectant (chlorine, chloramines, chlorine dioxide) allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Level Goal (MRDLG)** -- The level of a drinking water disinfectant (chlorine, chloramines, chlorine dioxide) below which there is no known or expected risk to health. MRDLG's do not reflect the benefits of the use of disinfectants to control microbial contaminants.

**Treatment Technique (TT)** – A required process intended to reduce the level of a contaminant in drinking water.

**Action Level (AL)** – The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

**90<sup>th</sup> Percentile** – Out of every 10 homes Sample, 9 were at or below this level.

**Secondary Maximum Contaminant Level (SMCL)** – These standards are developed to protect the aesthetic qualities of drinking water and are not health based.

**Massachusetts Office of Research and Standards Guideline (ORSG)** – This is the concentration of a chemical in drinking water, at or below which, adverse, non-cancer health effects are unlikely to occur after chronic (lifetime) exposure. If exceeded, it serves as an indicator of the potential need for further action.

**ppm** = parts per million, or milligrams per liter (mg/L)

**ppb** = parts per billion, or micrograms per liter (ug/L)

**ppt** = parts per trillion, or nanograms per liter (ng/L)

**pCi/L** = picocuries per liter (a measure of radioactivity)

**NTU** = Nephelometric Turbidity Units

**mrem/year** = milliremms per year (a measure of radiation absorbed by the body)

**5. WATER QUALITY TESTING RESULTS**

**WHAT DOES THIS DATA REPRESENT?**

The water quality information presented in the table(s) is from the most recent round of testing done in accordance with our DEP Sampling schedule. All data shown was collected during the last calendar year unless otherwise noted in the table(s). We are not required to list the 200-300 biological, chemical, or other potential contaminants we test for that do not appear in our drinking water. We are committed to providing you with the best water quality available. We are proud to report that last year your drinking water met all applicable health standards regulated by the state and federal government.

**LEAD AND COPPER**

Tap water samples were collected for lead and copper analyses from sample sites throughout the community.									
SUBSTANCE (UNIT OF MEASURE)	DATE COLLECTED	90TH PERCENTILE	# OF SITES EXCEEDED	# OF SITES SAMPLED	% OF SITES ABOVE ACTION LEVEL	ACTION LEVEL	MCLG	VIOLATION	POSSIBLE SOURCE OF CONTAMINATION
Lead (PPM)	AUGUST 2018	0.002	0	20	0	0.015	0.00	NO	Household Plumbing
Copper (PPM)	AUGUST 2018	0.24	0	20	0	1.3	0.00	NO	Household Plumbing

When water leaves the treatment facilities, the levels of lead and copper are insignificant and sometimes not detectable. The source for lead and copper is believed to be the piping in the homes’ internal plumbing and old service lines. As water sits in stagnant pipes, during periods of low use, copper and lead in the pipes can leach into the drinking water. Lead was used in brass manufacturing and pipe solder.

The Manchester Water Department performed its required sampling for Lead and Copper in August of 2017. This process consisted of taking samples from 20 different residential homes, and two different schools located in Manchester. The sampling plan was approved by the DEP based on when the home was constructed, and the type of materials used in the service line to the home. The sampling plan is intended to capture locations with the highest potential for lead exposure in drinking water.

## TURBIDITY

TURBIDITY (UNIT OF MEASURE)	TREATMENT TECHNIQUE	LOWEST MONTHLY % OF SAMPLES	HIGHEST DETECTED DAILY VALUE	VIOLATION	POSSIBLE SOURCE OF CONTAMINATION
Daily Compliance (NTU)	1.0 *	-----	0.116	No	Soil runoff; naturally organic matter
Monthly Compliance*	At least 95%	100%	-----	No	Soil runoff; naturally organic matter

\*1.0 NTU = TT MCL for conventional or direct filtration.

\*5.0 NTU = TT MCL for slow sand filtration, diatomaceous earth filtration, or other filtration.

Turbidity is a measure of the cloudiness of the water. We monitor it because it is a good indicator of water quality.

\*Monthly turbidity compliance is related to a specific treatment technique (TT). Our system filters the water so at least 95% of our samples each month must be below the turbidity limits specified in the regulations.

## REGULATED CONTAMINANTS

REGULATED CONTAMINANTS							
CONTAMINANT (UNIT OF MEASURE)	DATE(S) SAMPLED	AVERAGE DETECTED	RANGE LOW- HIGH	MCL [MRDL]	MCLG [MRDLG]	VIOLATION	POSSIBLE SOURCE(S) OF CONTAMINATION
<b>INORGANIC CONTAMINANTS</b>							
Barium (ppm)	8/8/2018	0.019	0.011- 0.027	2	2	No	Erosion of natural deposits
Fluoride ■ (ppm)	2018	0.69	0.09- 0.90	4	4	No	Water additive that promotes strong teeth
Nitrate (ppm)	8/16/2018	0.5055	0.074- 0.937	10	10	No	Runoff from fertilizer use; Erosion of natural deposits
Perchlorate (ppm)	8/8/2018	0.285	0.07- 0.50	2	N/A	No	Inorganic chemicals used as oxidizers in fireworks, munitions
<b>DISINFECTANTS &amp; DISINFECTANT BY PRODUCTS</b>							
Chlorine (ppm) [free]	2018	1.12	0.60- 1.51	[4]	[4]	No	Water additive used for disinfection
TTHM'S [Total Trihalomethanes] (ppb)	2018	36.4	17-51	80	80	No	Byproduct of drinking water disinfection
HAA5 [Halo acetic Acids] (ppb)	2018	15.2	8.9-21	60	60	No	Byproduct of drinking water disinfection
<b>RADIOACTIVE CONTAMINANTS</b>							
Gross Alpha (pCi/l)	8/20/2014	1.47	1.31- 1.63	15	0	No	Erosion of natural deposits
Radium 226 (pCi/l)	8/20/2014	0.125	.02-.23	5 Combined	0	No	Erosion of natural deposits
Radium 228 (pCi/l)	8/20/2014	-0.45	(-.038)- (-0.52)	5 Combined	0	No	Erosion of natural deposits
■ Fluoride also has a secondary contaminant level (SMCL) of 2 ppm.							

## SECONDARY, UNREGULATED, OR OTHER CONTAMINANTS

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining their occurrence in drinking water and whether future regulation is warranted.

<b>SECONDARY, UNREGULATED, AND OTHER SUBSTANCES</b>							
<b>CONTAMINANT (UNIT OF MEASURE)</b>	<b>DATE SAMPLED</b>	<b>AVERAGE DETECTED</b>	<b>RANGE LOW- HIGH</b>	<b>SMCL</b>	<b>ORSG OR HEALTH ADVISORY</b>	<b>VIOLATION</b>	<b>POSSIBLE SOURCE</b>
<b>SECONDARY INORGANIC CONTAMINANTS</b>							
<b>Sodium (ppm)</b>	8/8/2018	75.5	37-114	N/A	20	No	Natural sources; runoff from use as salt on roadways; by-product of treatment process
<b>Sulfate (ppm)</b>	5/16/2018	19.95	18.8- 21.1	250	N/A	No	Natural Sources
<b>OTHER ORGANIC CONTAMINANTS - When detected at treatment plant as VOC residuals, not TTHM compliance</b>							
<b>Chloroform (ppb)</b>	8/8/2018	2.85	0.7-5.0	--	--	No	Byproduct of drinking water chlorination
<b>OTHER SECONDARY CONTAMINANTS</b>							
<b>Chloride (ppm)</b>	5/16/2018	133.8	58.6-209	250	N/A	No	A chemical constituent of salt found in runoff and leaching of natural deposits.
<b>Iron (ppm)</b>	2018	0	0	0.3	N/A	No	Naturally occurring element, corrosion of cast iron pipes
<b>Manganese* (ppb)</b>	2018	66.4	30.9-86	50	300*	No	Erosion of natural deposits
<b>pH (SU)</b>	2018	7.57	6.89- 8.12	6.5-8.5	--	No	-----
<b>Total Dissolved Solids (ppm)</b>	5/16/2018	299	151-447	500	N/A	No	Erosion of natural deposits
<b>Zinc (ppm)</b>	5/16/2018	0.095	0.0235- 0.167	5	N/A	No	Erosion of natural deposits, leaching from plumbing materials
<b>UNREGULATED AND OTHER CONTAMINANTS</b>							
<b>Conductivity (umhos/cm)</b>	9/2/2015	540	270-810	N/A	N/A	No	From dissolved salts and inorganic materials such as alkalis, chlorides, sulfides and carbonate compounds
<b>Hardness [CaCO<sub>3</sub>] (ppm)</b>	5/16/2018	79.25	39.5- 119	N/A	N/A	No	Naturally present in the environment
<b>Alkalinity [CaCO<sub>3</sub>] (ppm)</b>	5/16/2018	49.35	23.3- 75.4	N/A	N/A	No	-----
<b>Potassium (ppm)</b>	5/16/2018	3.64	1.53- 5.74	N/A	N/A	No	Naturally occurring element
<b>Magnesium (ppm)</b>	5/16/2018	7.32	2.94- 11.7	N/A	N/A	No	Naturally present in the environment
<b>Calcium (ppm)</b>	5/16/2018	19.6	11.0- 28.2	N/A	N/A	No	Naturally present in the environment
<b>Phosphate (ppm)</b>	2018	1.04	0.10- 2.09	N/A	N/A	No	Water additive for corrosion control
<b>*US EPA and MassDEP have established public health advisory levels for manganese to protect against concerns of potential neurological effects.</b>							

## 6. EDUCATIONAL INFORMATION

**Manganese:** Manganese is a naturally occurring mineral found in rocks, soil and groundwater, and surface water. Manganese is necessary for proper nutrition and is part of a healthy diet, but can have undesirable effects on certain sensitive populations at elevated concentrations. The United States Environmental Protection Agency (EPA) and MassDEP have set an aesthetics-based Secondary Maximum Contaminant Level (SMCL) for manganese of 50 ug/L (micrograms per liter), or 50 parts per billion. In addition, MassDEP's Office of Research and Standards (ORS) has set a drinking water guideline for manganese (ORSG), which closely follows the EPA public health advisory for manganese. *Drinking water may naturally have manganese and, when concentrations are greater than 50 µg/L, the water may be discolored and taste bad. Over a lifetime, the EPA recommends that people drink water with manganese levels less than 300 µg/L and over the short term, EPA recommends that people limit their consumption of water with levels over 1000 ug/L, primarily due to concerns about possible neurological effects. Children up to 1 year of age should not be given water with manganese concentrations over 300 ug/L, nor should formula for infants be made with that water for longer than 10 days. The ORSG differs from the EPA's health advisory because it expands the age group to which a lower manganese concentration applies from children less than 6 months of age to children up to 1 year of age to address concerns about children's susceptibility to manganese toxicity.* See: EPA Drinking Water Health Advisory for Manganese [https://www.epa.gov/sites/production/files/2014-09/documents/support\\_cc1\\_magnese\\_dwreport\\_0.pdf](https://www.epa.gov/sites/production/files/2014-09/documents/support_cc1_magnese_dwreport_0.pdf) and MassDEP Office of Research and Standards Guideline (ORSG) for Manganese <http://www.mass.gov/eea/docs/dep/water/drinking/alpha/i-thru-z/mangorsg.pdf>.

**Lead:** If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Manchester Water is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

**Disinfection** is considered to be one of the most important measures in making drinking water safe and the process of neutralizing harmful micro-organisms that may be found in the water. Disinfection is required by Federal Law for all surface water supplies. Chlorine is the most commonly used chemical for drinking water disinfection. In Manchester, water from Gravelly Pond and the Lincoln Street Well is disinfected with sodium hypochlorite, a liquid form of chlorine. Chlorine is often of concern because of its distinct taste and odor and because of reports of the potential health effects of by-products associated with its use. To minimize the taste and odor concerns, the amount of chlorine added to the drinking water is minimized to levels that meet State and Federal regulations.

**Fluoridation** is the addition of fluoride to drinking water. Fluoridation is added to help prevent tooth decay and promote dental hygiene. The American Dental Association and the American Medical Association both endorse fluoridation as a public health measure. Fluoride is added to Manchester's drinking water at levels recommended by the State Department of Public Health. Fluoride is a naturally occurring element in many water supplies in trace amounts. In our system the fluoride level is adjusted to an optimal level averaging 0.7 part per million to improve oral health in children. The Massachusetts DPH acceptable level is 0.7 ppm. At this level it is safe, odorless, colorless, and tasteless. There are over 3.9 million people in 140 Massachusetts water systems and 184 million people in the United States who receive the health and economic benefits of fluoridation. Some home water treatment units are available to remove fluoride from drinking water. To learn more about available home water treatment units, you may call the NSF International at 1-877-8-NSF-HELP. For more information, please call the Manchester Water Department at 978-526-1242 or for additional information on fluoride in drinking water; please contact the Massachusetts Department of Public Health, Office of Oral Health, 617-624-5943.



**Corrosion Control:** Distribution system corrosion is a major concern for the Town. The majority of the pipes in the distribution system are over 50 years old, with some over 100. Many of these pipes are made of iron, which in time begun to rust and corrode. During periods of high flow, the rust can get stirred up causing your drinking water to appear yellow or dirty. The Town treats the water by increasing the pH or reducing the acidity of the water to make it less corrosive and adding a corrosion inhibitor which provides a protective lining on pipes.

**Total Trihalomethanes:** Some people who drink water containing trihalomethanes in excess of the MCL over many years' experience problems with their liver, kidneys or central nervous systems and may have increased risk of getting cancer.

**Sodium** is a naturally occurring common element found in soil and water. It is necessary for the normal functioning of regulating fluids in human systems. Some people, however, have difficulty regulating fluid volume as a result of several diseases, including congestive heart failure, kidney failure and hypertension. The guideline of 20 mg/L for sodium represents a level in water that physicians and sodium sensitive individuals should be aware of in cases where sodium exposures are being carefully controlled. For additional information contact your health provider, your local board of health or the Massachusetts Department of Public Health, Bureau of Environmental Health Assessment at 617-624-5757.