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|  | West Virginia Department of Health and Human Resources | | | | |
| | MANUAL OF ENVIRONMENTAL HEALTH PROCEDURES | | | | |
| Section | Drinking Water | Date | February 15, 1996 | Procedure # | DW-17 |
| Subject | Sodium-ion in Public Water Supplies | | | Page | 1 of 1 |

The West Virginia [Public Water Supply Regulations, 64 CSR 03](#) require all community public water supplies to monitor for sodium-ion concentration levels. All surface water sources are to be monitored annually; and all ground water sources are to be monitored on a three year schedule.

The concern is for individuals on a restricted intake of 500 mg/day of sodium. Given a two liter average daily consumption of water, the effect of 40 mg/day of sodium on a restricted diet may be significant. Sodium has been implicated as an agent in heart and kidney disease, stroke mortality, toxemia of pregnancy, hypertension, and even migraine headaches.

According to information from the Environmental Protection Agency and recommendations by the American Heart Association, water containing an excess of 20 mg/l of sodium-ion should not be consumed by patients on a 500 mg per day sodium restricted diet.

This office will notify the applicable county health department when the presence of excessive sodium has been encountered in a specific public water supply. The county health department should then notify physicians practicing within their area in order that they may prescribe dietary requirements for affected patients.

References [64 CSR 03, Public Water Supply Regulations](#)

History Replaces DW-17 dated November 14, 1983

Attachments