

BE AWARE.
BE WATER WISE.

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Health Canada's evaluation of manganese in drinking water may result in new recommendations in 2019 about maximum manganese consumption levels. We will continue to keep the Burns Lake community updated with changes to Health Canada water guidelines.

BE WATER WISE

Water filtration through household water filters and reverse osmosis systems continue to be the most effective way to reduce manganese from drinking water at the tap and improves overall water quality. Are you water wise? Visit us online to learn more.

WE ARE MAKING PROGRESS WITH A FUTURE WATER FILTRATION PLANT

Our grant application is being evaluated and our hope is to be approved. Our next update is anticipated in spring 2019.

LEARN MORE:

office.burnslake.ca/public-works/water

FACT SHEET

Manganese in Drinking Water

November 2018



You use water as part of your daily life. Are you aware of Health Canada's current guidelines for consuming drinking water containing manganese, and that **Health Canada may make changes in 2019 with a maximum acceptable concentration (MAC) level of manganese in drinking water?**

Many elements and minerals are contained in water with Manganese being one of them. Manganese is an essential element in air, food, consumer products, soil and water. According to Health Canada, manganese is most easily absorbed in the body from drinking water.

Health Canada's current drinking water guidelines for an acceptable level, called an aesthetic objective (AO), is currently 0.05 milligrams per litre (mg/L). Manganese that is over acceptable levels can result in affects that you can see and that you cannot see.

What you can see with increased manganese is water that is discoloured and can stain laundry and plumbing fixtures.

What you cannot see is that with increased levels of manganese, according to Health Canada, some health effects may occur primarily on the nervous system. **Health Canada has indicated that exposure to higher levels of manganese, especially from drinking water, may result in health effects to infants.**

Health Canada recommends in-home water filtration and reverse osmosis systems to reduce manganese in drinking water.

Further, Health Canada guidelines for acceptable manganese consumption levels in drinking water may change in 2019.

This means that greater awareness of water filtration is needed, particularly for infants consuming drinking water.

What's Changing in 2019

Health Canada through the Federal-Provincial-Territorial Committee on Drinking Water (CDW) has been studying manganese in drinking water over the past several years (2015). This included a public consultation (2016) about their preliminary analysis as they work toward finalizing their report and updating their Guidelines for Canadian Drinking Water Quality.

According to Health Canada, preliminary studies have indicated that although manganese has long been considered to be an aesthetic concern in drinking water, new scientific studies show health effects related to exposure to high levels of manganese in drinking water.

Although exposure to high levels of manganese in drinking water can pose health risks to the general population, Health Canada has indicated that **infants are at greater risk** from manganese in drinking water than children and adults because:

- their brains are developing rapidly;
- they drink more water based on body weight;
- and they absorb more manganese and are less likely to remove it from their bodies.

Health Canada's analysis has determined that infants consuming formula reconstituted with high levels of manganese in drinking water are particularly at risk, and recommend that drinking water that contains levels of manganese above their guideline is not used to prepare infant formula.

According to Health Canada, this information is being used as the basis for a new health-based maximum acceptable concentration (MAC) for manganese in drinking water. These drinking water guidelines are designed to protect the health of the most vulnerable members of society, such as children and the elderly. Health Canada anticipates issuing their updated guidelines to provincial and territorial governments across Canada in 2019.

Next Steps for the Village of Burns Lake

The Village is sharing the information we know so far from Health Canada to create awareness to our community about continued and increased drinking water and tap filtration as we await their updated guidelines. Our next update is anticipated early 2019.

We have posted a number of links to reference documents on our website to help our community make wise drinking water decisions, including a reminder of Health Canada's recommendations for International/American National Standards Institute (NSF/ANSI) standard for drinking water treatment units in households.

Visit our webpage at <http://office.burnslake.ca/public-works/water>

Call our office at 250-692-7587

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