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DRINKING WATER ADVISORY

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ELEVATED MANGANESE IN WATER SUPPLY

Manganese occurs naturally in rocks and soil across the region and is often found in ground and surface water. Your body needs some manganese to stay healthy, but too much can be harmful over time. Health Canada established the Maximum Allowable Concentrations (MAC) using a precautionary approach, assuming the most vulnerable people would be constantly exposed to high levels of manganese for long periods of time. Therefore, there are built-in additional safety factors. Drinking water with manganese levels above the MAC for short periods of time is unlikely to cause any health issues. If you have been consuming water with high levels of manganese and have concerns about your health, talk to your health care provider.

HEALTH EFFECTS

Children and adults who drink water with high levels of manganese for a long time may have problems with memory, attention, and motor skills. Infants (babies under one year old) may develop learning and behavior problems if they drink water with too much manganese in it.

HOW TO PROTECT YOURSELF & YOUR FAMILY

- **DO NOT BOIL WATER** This may only make concentrations higher
- A Brita filter cannot filter manganese only a water softener or similar device.
- If you have an infant who drinks tap water or drinks formula made with tap water please switch to a bottled water source to mix the formula.
- As a precaution pregnant mothers, and mothers breast feeding consult a health care professional

WHAT THIS DOES NOT EFFECT

- You may still use the water for all regular uses washing cooking.
- This does not affect elders, but if you have concerns consult your health care provider.

FOR MORE INFORMATION

For more information on manganese in drinking water and treatment options, contact your water supplier or the Environmental Health Officer at your local health authority by visiting:

- First Nations Health Authority 604 693-6500, toll free 1 866 913-0033. Visit www.fnha.ca/what-we-do/environmental-health for Environmental Health officer contact information



First Nations Health Authority
Health through wellness

Manganese in Drinking Water Health Advisory for Bottle-fed Infants

To water users of: Yuulu?il?ath First Nation Water System

Do not use your tap water for preparing infant formulas

Your drinking water has tested above the newly established maximum acceptable concentration for manganese. Therefore, **do not use your drinking water to prepare formula for bottle-fed infants**. Use an alternate source of safe drinking water for preparing formula for infants such as bottled water or other safe source.

Health Canada has recently established a health-based guideline for manganese with a maximum acceptable concentration (MAC) of 0.12 milligrams/Litre. This guideline is based on the most vulnerable/sensitive population to manganese exposure which is infants and is meant to be protective of all Canadians. Infants' bodies are less able to regulate and remove manganese than adults or children.

Breastfed infants are generally thought to be at lower risk because manganese is expected to be managed by the mother's body. However, pregnant women who have concerns may wish to use a safe, alternate drinking water source or consult with a health professional.

Water that exceeds the maximum acceptable concentration for manganese can still be used for:

- Consumption (cooking and drinking) by non-vulnerable groups
- hand washing,
- bathing and showering.

Date 03-04-2022

EHO Melissa Joe

Community Contact