Ekali Lake - Northern Pike

Based on the latest monitoring results, Northern Pike from Ekali Lake (also known as Kelly Lake locally in the Dehcho) contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Occasional consumption of Northern Pike is not harmful.

### If you regularly consume Northern Pike on a weekly basis, the following restrictions apply:

<table>
<thead>
<tr>
<th></th>
<th>Pregnant / Breastfeeding Women</th>
<th>Children 5 - 11 years old</th>
<th>Children 1 - 4 years old</th>
<th>General Population</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 servings per month</td>
<td>1 and ½ servings per month</td>
<td>1 serving per month</td>
<td>2 servings per week</td>
</tr>
</tbody>
</table>

1 serving = 75 grams = 1 pack of cards

### You can eat unlimited amounts of Whitefish from Ekali (Kelly) Lake.

Fish is good for you. It is high in protein, vitamin B and omega-3 fatty acids. Omega-3 fatty acids are food for your heart, your brain, and your eyesight. Fish are also an excellent source of vitamin D, which helps your body use calcium, a mineral required for the development of strong teeth and bones.
Fish Consumption Notice
March 2016  | www.hss.gov.nt.ca

Ekali Lake - Walleye

Based on the latest monitoring results, Walleye from Ekali Lake (also known as Kelly Lake locally in the Dehcho) contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Occasional consumption of Walleye is not harmful.

If you regularly consume Walleye on a weekly basis, the following restrictions apply:

<table>
<thead>
<tr>
<th></th>
<th>Pregnant / Breastfeeding Women</th>
<th>Children 5 - 11 years old</th>
<th>Children 1 - 4 years old</th>
<th>General Population</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 servings per month</td>
<td>1 and ⅔ servings per month</td>
<td>1 serving per month</td>
<td>2 servings per week</td>
</tr>
</tbody>
</table>

1 serving = 75 grams = 1 pack of cards

You can eat unlimited amounts of Whitefish from Ekali (Kelly) Lake.

Fish is good for you. It is high in protein, vitamin B and omega-3 fatty acids. Omega-3 fatty acids are food for your heart, your brain, and your eyesight. Fish are also an excellent source of vitamin D, which helps your body use calcium, a mineral required for the development of strong teeth and bones.