



Giauque Lake - Lake Trout

Based on the latest monitoring results, Lake Trout from Giauque Lake contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Lake Trout from Giauque Lake should not be consumed.



Lake Whitefish and Longnose Sucker can be consumed on a regular basis as per the DHSS General Fish Consumption Guidelines which can be viewed at www.hss.gov.nt.ca.

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.

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If you would like this information in another official language, contact us at 1-855-846-9601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-855-846-9601.



Giauque Lake - Northern Pike

Based on the latest monitoring results, Northern Pike from Giauque Lake contain levels of mercury above the Health Canada recommendations for average consumption.

The Chief Public Health Office is therefore recommending that:

- Northern Pike from Giauque Lake should not be consumed.



Lake Whitefish and Longnose Sucker can be consumed on a regular basis as per the DHSS General Fish Consumption Guidelines which can be viewed at www.hss.gov.nt.ca.

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.

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