



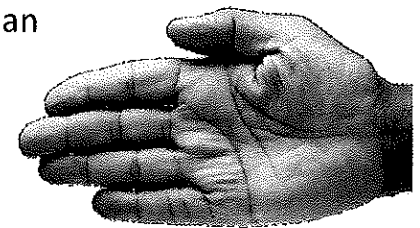
Healthy Fish Consumption Guideline

People are recommended to limit fish consumption from Beaverlodge, Martin and Cinch Lakes due to elevated levels of selenium.

You can safely consume a **total of 5 servings of fish a month** on a regular basis from these lakes if you are consuming either jackfish or lake trout or 2 a month if you are consuming either lake whitefish or white sucker:

Lake Trout	5 times per month	White Sucker	2 times per month
Northern Pike	5 times per month	Lake Whitefish	2 times per month

One serving is defined as 220 grams and is approximately the size of an adult's hand. For children, one serving is the equivalent of the approximate size of that child's hand.



Selenium is an essential element humans need for good health but, like most elements, too much can be harmful to health.

Fish should **not be consumed** from *Nero, Marie, Meadow, Minewater, and Greer Lakes, and from lower Ace Creek (between Ace Lake and Beaverlodge Lake).*

Saskatchewan Ministry of Environment and the Medical Health Officer with the northern Regional Health Authorities remind people **not to drink water from the following waterbodies** as they may contain elements not eliminated by boiling: *Beaverlodge, Fookes, Greer, Marie, Martin, Meadow, Minewater, and Nero Lakes; and lower Ace Creek.*

For further information contact Tim Moulding, Saskatchewan Ministry of Environment at 306-933-7063 or Dr. James Irvine, Medical Health Officer, at 306-425-8588.