

## PREPARING FISH FOR THE TABLE

Like any animal, many species of freshwater fish and salmon can be infected with parasites. Some of these parasites can infect people.

- ▶ To protect yourself and others, kill the parasites by:
  - Freezing to **-25°C for 7 days** or **-35°C for 15 hours**; or
  - Cooking to an internal temperature of 63°C for 10 minutes.
- ▶ Infected raw fish is not safe for pets.
- ▶ Remember to wash your hands after handling fish.

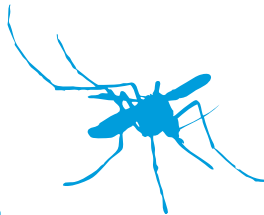
For more information, visit the B.C. Centre for Disease Control website at [www.bccdc.org](http://www.bccdc.org) and go to **Food Protection** under **Prevention & Control**.

## MERCURY IN FISH

Mercury levels in fish are not routinely monitored across B.C. lakes and streams as the risk of mercury contamination is generally low. Monitoring has been undertaken where the risks are considered higher (for example, where there are naturally occurring mercury deposits or where reservoirs have been created). Currently, only three areas in B.C. have consumption advisories because of mercury. These advisories are for lake trout and/or bull trout in Jack of Clubs Lake (Region 5) and in Pinchi and Williston lakes (Region 7). For more information on healthy eating and fish consumption guidelines please see the [BCHealthFile #68m](http://BCHealthFile #68m) available at [www.healthlinkbc.ca/healthfiles/hfile68m.stm](http://www.healthlinkbc.ca/healthfiles/hfile68m.stm)



**West Nile virus (WNV) is present in jurisdictions adjacent to B.C., so anglers and other outdoor enthusiasts should know how to protect themselves from infection.**



### Reducing the Risk While Angling

When angling during the mosquito season (June through September), there are some very effective things you can do to prevent mosquito bites and reduce your risk of infection.

#### Wear protective clothing

Avoid dark-coloured clothes because they attract mosquitoes. Full-length pants and a long-sleeved shirt are recommended. Consider wearing a hat with mosquito netting to protect your head.

## WEST NILE VIRUS INFORMATION

### Use mosquito repellent

A recent Health Canada review considers DEET to be both safe and highly effective when used correctly. It is effective for longer time periods than new products containing all-natural repellents.

*Make sure to reapply any product according to the directions.*

The percentage of DEET in repellents should not exceed 30% for adults or 10% for children. DEET should not be used on children under 6 months of age. Some common repellents that do NOT work are bug zappers, audible mosquito repellents (send out sound waves to deter mosquitoes), and Citrosa plants. In situations where you need to use both sunscreen and mosquito repellent, apply the sunscreen first.

### Avoid peak biting times

Consider staying indoors at dawn, dusk, and in the early evening, when most mosquitoes are most active.

### Fight the Bite – cover up and wear mosquito repellent!

For more information about WNV, visit the B.C. Centre for Disease Control's website at [www.bccdc.org/westnile](http://www.bccdc.org/westnile).

