

## Fish Advisory Notice: Users of Yew & Long Lakes

**People should not consume fish from Yew and Long Lakes due to elevated levels of mercury in the fish.**

Though nearly all fish contain some trace of mercury, fish from Yew and Long Lakes contain concentrations of mercury higher than Saskatchewan Ministry of Environment's consumption guidelines. **Fish from Yew and Long Lakes should not be consumed.** Exposure to mercury at high concentrations can damage the brain, and nerves. Risks are greatest for young infants and unborn children who may be exposed to mercury through their mothers.

Yew and Long Lakes are about 135 kilometres northeast of La Ronge.

Fish are an important part of a healthy diet and contain high-quality protein and other essential nutrients and are low in saturated fats. A well-balanced diet including a variety of fish can contribute to heart health and children's proper growth and development and people should include fish in their diets due to the many nutritional benefits.

For further information please contact the Saskatchewan Ministry of Environment at (306) 933-7061, or the Medical Health Officer at the Population Health Unit at (306) 425-8588.



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**Ministry of  
Environment**