

TIPS TO HELP KEEP YOUR ARSENIC LEVELS LOW

There are many ways people may be exposed to arsenic. This includes exposure related to the environment around us. To lower your exposure from the environment, you can:

- Avoid harvesting berries, mushrooms or other plants, fishing, and doing recreational water activities in areas impacted by industrial activities with documented high arsenic levels. The NWT Public Health Advisory on arsenic in lake water around Yellowknife can be found at <https://www.hss.gov.nt.ca/en/newsroom/arsenic-lake-water-around-yellowknife>
- Wash your hands often. This is especially important for children after playing outside.
- Take off your shoes when you get home.
- Vacuum front entrance often.
- Wipe dusty surfaces with a damp cloth, followed by a dry cloth.

Some people's urine may show increased level of arsenic due to a diet containing a lot of arsenic rich foods. These foods are still healthy but could show increased arsenic levels in urine. To lower your exposure from foods, you can:

- Eat less rice and fewer rice-based products, shellfish and seaweed.
- If you have an infant, breastfeed if you can, and feed a variety of cereals to your infant, not only rice-based.