



LOW RISK AREAS

✓
YES



AREAS OF CONCERN

✗
NO



TIPS TO KEEP YOUR ARSENIC LEVELS LOW

There are many ways people may be exposed to arsenic. This includes exposure related to the environment around us, especially in areas around the Giant Mine and Con Mine sites which have higher arsenic levels.

Visit the NWT Public Health Advisory for more information:
<https://www.hss.gov.nt.ca/en/newsroom/arsenic-lake-water-around-yellowknife>



HEALTH EFFECTS
MONITORING PROGRAM



Environment

- Wash your hands often
- Don't wear outdoor shoes inside
- Vacuum or mop your front entrance
- Wipe dusty surfaces with a damp cloth, followed by a dry cloth
- Avoid ingesting dirt
- Avoid swimming, fishing, or drinking water from lakes and streams near Giant Mine and Con Mine



In 2019, the Health Effects Monitoring Program found that most people tested in Yellowknife, Ndilo, and Dettah had arsenic levels comparable to the average Canadian.



Food & Smoking



- Eat less rice and rice-based products
- Eat less seafood, like shrimp and crab
- Breastfeed, if possible
- Feed infants a variety of cereals
- Wash garden veggies before eating
- Stop or limit smoking
- Avoid harvesting mushrooms, berries, or other plants from areas near Giant Mine and Con Mine

The Health Effects Monitoring Program found that it is safe to eat local fish, except for ones from lakes near Giant and Con mines.

