

## REMINDER: TRICHINELLOSIS

**Kuujuuaq, February 6, 2023** – The Nunavik Department of Public Health wishes to remind Nunavimmiut that most polar bears and black bears carry the *Trichinella* parasite that causes *trichinellosis*. It is therefore important to make sure bear meat is fully cooked. Freezing does not destroy the parasite present in Nunavik.

The *Trichinella* parasite is also occasionally found in walrus. However, a testing program (Nunavik Trichinellosis Prevention Program) was created to ensure safe consumption of raw walrus meat.

The initial signs of trichinellosis can include nausea, abdominal pain and diarrhea. Muscle pain, weakness and swelling of the face can also occur. Our recommendation for anyone who comes down with these symptoms after consuming bear meat is to consult at the CLSC.

Thank you for sharing this information.

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