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Public Health Advisory

Most polar bears carry trichinella

February 27, 2018
Nunavut **30 sec**

The Department of Health is reminding Nunavummiut that many polar bears carry a tiny round worm called trichinella, which can make humans sick. Freezing or fermenting meat will not kill trichinella, it can only be killed by cooking.

Polar bear meat is a nutritious food! Before eating polar bear, it should be cooked until there is no pink or red in the meat.

A factsheet on trichinosis can be found on the Department of Health's website at: https://www.gov.nu.ca/sites/default/files/country_food_fact_sheets_trichinosis_gn_en.pdf

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