

# Public Health Advisory

## Eating Jackfish Livers

Jackfish livers contain a lot of vitamin A and eating jackfish livers can lead to an overdose of vitamin A. This can cause a short-term illness with severe headache and nausea followed by peeling of the skin. People are advised to limit the amount of fish livers they eat especially during the spring spawn. Pregnant women or women who could be pregnant are advised not to eat fish livers.

For more information, call the Medical Health Officer at 306-425-8585 or -8526 or the Public Health Inspector in Buffalo Narrows at 306-235-5811.



Dated: May 6, 2013

Dr. James Irvine  
Medical Health Officer