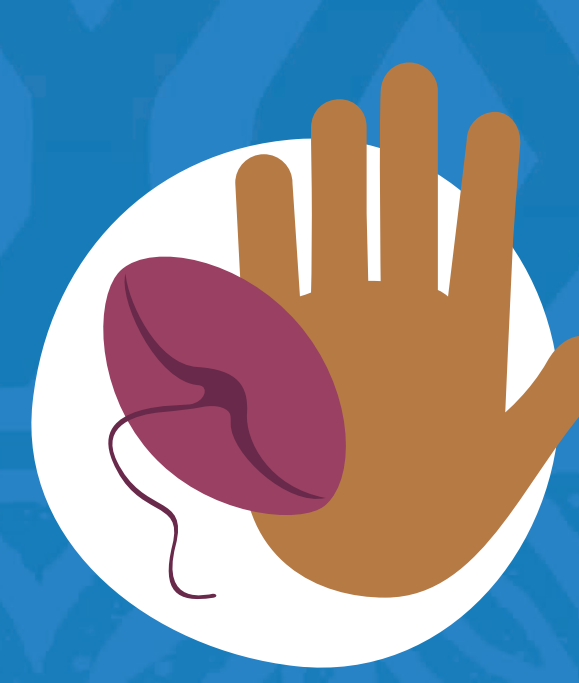




CIGUATERA IN VANUATU

Ciguatera is a type of food poisoning caused by eating contaminated tropical reef fish.



How to take action ?

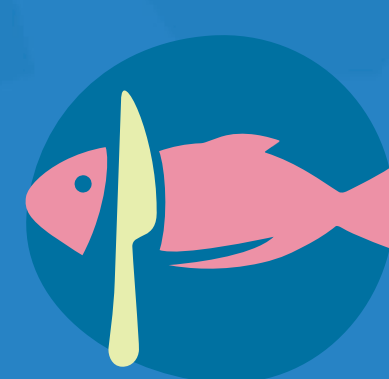
Here is how to minimise your risk of getting ciguatera poisoning:



- Do not eat fish harvested from areas known to have ciguatera fish poisoning.



- Space out the consumption of risky fish species.



- As soon as you catch a fish, cut off its head and remove the guts and other internal organs. They are the most toxic parts.

SOME CIGUATOXIC FISH IN VANUATU

Some of the fish that have been reported to be the most ciguatoxic in Vanuatu include:



Blak fis
Bluelined surgeon
Chirurgien lignes bleues



Blufis
Some species of parrotfish
Certaines espèces de perroquet



Blak mo waet los
Blacksaddled coral grouper
Saumonée léopard



Anglais
Red snapper
Vivaneau chien rouge



Blak straep snapa
Black-banded snapper
Vivaneau rayures noires



Blakspot red maot
Blackspot emperor
Empereur Saint-Pierre



Longnos red maot
Longface emperor
Empereur gueule longue



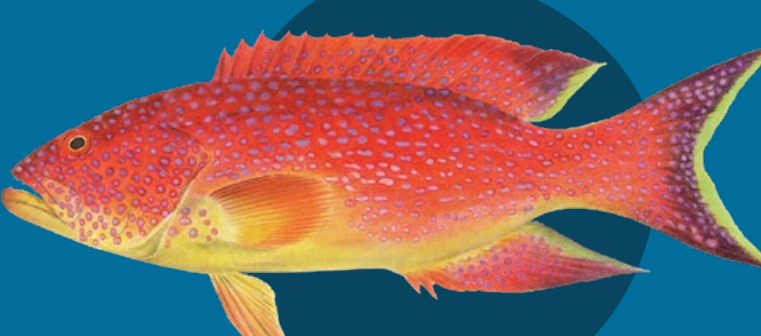
Ston los
Camouflage grouper
Mérou camouflage



Blak switlip
Giant sweetlips
Diagramme taches blanches



Spotted los
Squaretail coral grouper
Mérou queue carrée



Flawa los
Yellow-edge lyretail
Saumonée hirondelle



Sawfis
Great barracuda
Barracuda



Blak karong
Giant trevally
Carangue à grosse tête

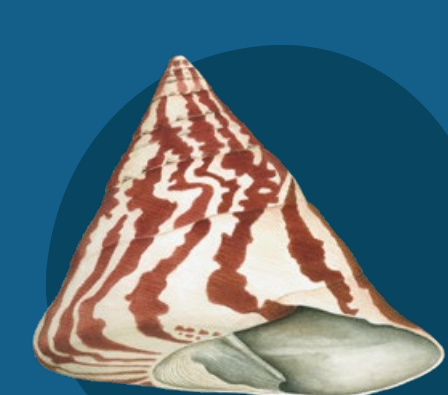


Bigfala namarae
Giant moray
Murène javanaise

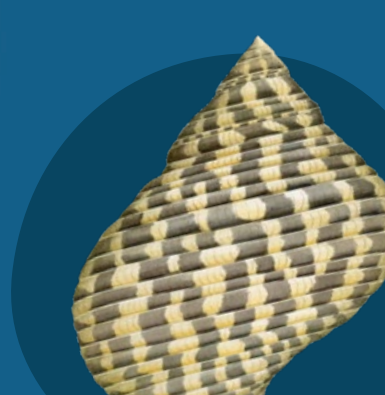


Yelo-tel namarae
Yellow-edged moray
Murène points jaunes

In Vanuatu, trochus, turban shells and giant clams have been reported to be toxic.



Troka
Trochus
Troca



Big ae
Turban shells
Turbos



Natalae
Giant clam
Bénitiers



Toxic fish do not look, smell or taste different from safe fish. Cooking, freezing, smoking or salting does not make fish safe to eat.

VANUATU FISHERIES DEPARTMENT @ contactfisheries@vanuatu.gov.vu

Efate: Private Mail Bag 9045, Port Vila 23 119

Espiritu Santo: PO Box 211, Luganville, Espiritu Santo 36 218