



Tememun Aarnarqellria (mercury) 'Luqruuyagni YK Delta-mi

Una kingunengqertuq waken yaquleyagiurtenek, US Fish and Wildlife Service-aanek, cali-llu ukunek Alaska Department of Health and Social Services - Division of Public Health. Ukut yuvririlartut canek yuum temiinun aarnarqutkaneq.



United States-aani Alaska-m mer'a neqai-llu menuillrlartut . Cali-llu neqkellrat tememun cakneq assilriariluni. Cali ilakuyutmun wall'u yuungnaqsaramun neqetgun akikatgun-llu ikayuutnguluteng. Taugaam apqit mercury, neqem kemganun pillerkaa aarnaqluni maani nunarpamta neglirnerani, ilakluku Alaska. Taumek Alaska-mi maa-i yuvriqit tamana mercury neqni yuum-llu temiini.

Amlenrilnguut 'luqruuyit Alaska-mi yuvrillrit mercury-mek avungqenrullrulliniut allani neqaini. Taumek amlleret yuvrillrulliniit National Wildlife Refuge-aani Alaska-m kanaknerani, neglirnerani, nunaqviin-llu nuniini. Allrakumi 2005-aami yuvrillruut Kuigpagmiutaat, 2006-aami-llu Kusquqviim kuiganelnguut , Kuigpagmi-llu paiqvanelnguut.

Waniwa caliaqerkait:
> Yuvriluku qaillun amllertallra mercury-m 'luqruuyit kemgiti cangtaqtukaitni, nutem yuut pissurviitni
> Qaillun pitallra mercury-m 'luqruuyagni cuqluku, cuqekluku State-am alerquutii nerlerkam qaillun pitallramek aarnaitellerkaanun
> Man'a yuvriutit yugnun neqkestaitnun 'luqruuyit nallunritevkarluku, tua-i-wa yuut man'a umyuaqluku pilaasqelluki

Makuni nunani yuvrillruut: Kuigpagmi nunat kavirimek avaciarterluteng. Kusquqvagmi-llu qiuglimek.



Naken mercury Alaska-m neqaini kingunengqerta?

Mercury-q Alaska-m mer'inun neqainun-llu pillartuq ellavut qagna avurrlungaqan apqitnek air pollution-aamek. Tamana kingunengqelartuq ilaitni nunakuarcuutet allat-llu massiinarpiit anlugneritnek, wall'u nuna ur'aqan qaillirluki teggalqut qiuret-llu. Urellrat tamana mernun ayagaqluni. Naliagnek ukuk qaillun amllertallra mercury-m nallunarqelartuq, cuqteluaqercciiganani. Mercury-q naullunaraqelriarurarteluq merrluginun qurrlurviilgurnun piaqami, cimirluni apqiillun methyl-mercury.

Nallunrivsiaryukuvci man'a mercury-m 'luqruuyagni pillra. tuqluryugngaaci una Angela Matz, wani (907)456-0442, wall'u igarluku (angela_matz@fws.gov), 101-12th AVE. ROOM 110, Fairbanks, Alaska 99701

Ciin 'luqruuyagni mercury-q quyinrulara allani neqni?

Naullunaraqelria mercury (methyl mercury), 'luqruuyim uguvalran taklirillra wall'u nerlangellra allanek maliggluku, kemgani amlleriinalartuq. Tua-i angtuani unguvamallerni-llu quyinurraugaqluni kemgiti mercury-q.

Ciin man'a mercury mulngaknarga?

Naullunaraqelria poison-aaq (methyl mercury) angliyugalrianun paterrlunaraqelriaruq (neurotoxin), wall'u elluarluni temiin elpengellerkaaneq navgurilriariluni. Quyikuni yuum temiini navgulriariluni mikelnguom, mikelnguyagaam wall'u qingaulriim patranek, uivain-llu patranek (spinal cord). Mercury-m amllertacia Alaska-m allani neqaini quyinrituq, tememun assitellra aarnarqevkenani. Taugaam makut naulluutnek calilriit alerquutekluku nallunritevkar qaillun pitallriim aarcituutngullerkaa.

Kinkut man'a nallunritevkaratq?

Mercury-m qaillun amllertallra Alaska-m 'luqruuyaini peng'garutnguuq mikelnguyagarnun mikelngurnun-llu. Taumek murikenarqut qaillun pitallramek mikelnguut nerlallerkaat, allrakungeksailnguut qula malrugnek cipluku tekiluku, cali arnanun qingarciqngalngurnun.

Allat ayagyuat, angutet, tegganret-llu neryugngaluteng piugtaciamegsetun neqnek tamakunek-llu 'luqruuyagnek.

Alaska-mi yuvristet caliaqellruat qaillun pitallramek nerlallerkaq 'luqruuyagnek, cuqekluku qaillun amllertallra mercury-m tamakuni. Makut picirkiurruet taqumallruut yuvrirraariluku mikelngurnun mercury-m aarnarqutii. Cali man'a allani state-ani, nunarpagni-llu allani caliaqellruluk. Picirkiutiit-llu ilaluni alerquutnek aarnarqeritlerkaata tungiinun.

Methylmercury concentration in fish (mg/kg)

Meals per month



Fresh pike



Dried pike

0 - 0.15	Unlimited	
>0.15 - 0.32	up to 16	Kuskokwim < 2 ft
>0.32 - 0.40	up to 12	
>0.40 - 0.64	up to 8	Kuskokwim > 2 ft, All Lower Yukon
>0.64 - 1.2	up to 4	Kuskokwim < 2 ft
>1.2 - 1.4	up to 3	
>1.4 - 2.0	up to 2	
>2.0 - 3.4	up to 1	Kuskokwim > 2 ft, All Lower Yukon

The most recent (2007) guidelines, *Fish Consumption Advice for Alaskans: A Risk Management Strategy to Optimize Public Health*, is available at: http://www.epi.hss.state.ak.us/bulletins/docs/r12007_04.pdf.

Ukut waniwa alerquutekait Kuigpagmi, Kusquqvagmi, avatiigni-llu arnanun mikelngurnun-llu :

- >Luqruuyagpiit Kusquqvagmi it'ganrek malruk ciplukek anglatrit nutarat neryugngait pingayunerqunek iralumi, ataucirqumek-llu kinertaukata
- >Kuquqvagmiutaat angenringuut (it'ganrek nuringalukek) - makut neryugngait akimiaq ataucimek cipluku iralumi, nutarukata. Kinertaukata-llu malrunlerqunek iralumi.
- >Angtatkenrilnguut Kuigpiim paiqvaani neryugngait pingayunerqunek iralumi nutarukata, wall'u ataucirqumek iralumi kinertaukata.

Neqem neqkellra ikayuutnguuq tememtenun. Taumek arnanun qingaqatarnagalngurnun mikelngurnun-llu ikayuutngulria nerlallerkaq neqnek allanek (sayagnek, qakiyarnek, taryaqvagnek, iqallugnek, wall'u amaqaayagnek, mercury-q tamakuni ikget'laan.

Mercury-m cuqcimallerkaa tememi yuum nuyaiun

Neqni mercury-m qaillun pitallra cuqekluku, yugmun aarnarqutii nallunriimayugngauq. Maani-llu Alaska-mi cuqcuqngaata tamana amani mikelngurni-llu. Kia arnam qingaryugngalriim nallunricukaku tememini qaillun pitallra, ukut Division of Public Health cuqciilliniut tamatumek arnam nuyaiun; nuyaan-wa iliit yuvriluku. Naulluuvigni wall'u allani emusvigni iinriurte/yuungaristet arnam nuyaanek teguarcugngaluteng yuvriumaarkamek. Yuvrirraarluku-llu nallunritevkarluku arnaq yuungaristet-llu kalikakun iraluk malruk naavaiqagnek.

Maa-i ak'a arnani Alaska-mi yuvriumallerni mercury-m pitacia ikgecaaq, Taugaam amllenrilata yuvrilteng allat arnat Alaska-m nuniini qukaqameltuq caninermit-llu ilakluki yuvririyugtuq. Tamakumiut-wa neqengqelaata-llu 'luqruuyagnek.



Taringevsiaryukuvci man'a yuvririlallrat wall'u elpet-llu ilakesqumaluten pillerkiyukuvet, una igarluku wall'u tuqlurluku: Alaska Division of Public Health, (907) 269-8000, 3601 C Street, Suite 540, Anchorage Alaska, 99503.

Canek nerlallerkam tungiinun allat nallunritevkaratq

Uum kalikam alerquutii 'luqruuyit kiingita tugerluki piug. Taumek umyuaqekici yugmun assilriarullrat tamarmeng yuungnaqutekluki neqet neqkellrat, ilakluki neqet kuvyak'ngat/qalukengat, manaqengat-llu ayuqenringuut. Tamakut assinruut akikillruluteng-llu kipusvigiutarni neqkani.

Neqet temkeggarnarqut, avunggerrameng pinircautainek tememta, apqaitnek vitamens: pinircautnguluteng ayuqegciliteng-llu. Assilriaruluteng-llu yuum patranun qamiqurrani uivaini-llu, temem elpengellerkaanun elluarluni. Cali arnam qingaanun picurlautnguvkenateng.

Nutem yuungnaqsarakun nequt saarralalirrit uqulirpek'nateng-llu tememtenun atawaunringumek. Kipukengat kipusvignek neqkat saarralalissiyaalartut uqurriqluteng-llu. Apqitnek diabetes-aamek ircaiqsaramek-llu naulluutengevkaraluta. Taukuk-llu naulluutek maa-i yupiarini Alaska-m amllerilete. (Amlleret maa-i yuut ap'laraat diabetes-aaq augem saarralangellranek.)

Nerengnaqsaramteggun cangtaput neqet avurrluutit wall'u caarlluutit. Tamarmeng-llu neqet kuvyak'ngat (sayit,qakiyaat, taryaqvit, iqalluut, amaqaayit-llu) tememun aarnarqellrianek avungqellrat carraaluni, neryunaqluteng piyugtaciamegsetun.

Cali neqkamtenek yuungnaqsaramta nutem, yuuyararput tamarcevetevkenaku: piciryararput yupiarini Alaska-m maa-i cali ayuqciqluku.

For more information on fish consumption guidelines, or the benefits of eating subsistence foods, contact the Environmental Public Health Program, 907-269-8000, Alaska Division of Public Health, 3601 C Street, Suite 540, Anchorage, AK 99503.