



# CIGUATERA IN VANUATU

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

2

Small plant-eating fish eat the algae and become toxic.

1

Algae carrying ciguatera.

## How does the toxin end up in your plate?

3

When larger predatory fish eat the small fish, they also eat and accumulate any toxin in those fish.

4

These fish are in turn consumed by humans.

## 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



**Blak switlip**  
Giant sweetlips  
Diagramme taches blanches



**Blufis**  
Some species of parrotfish  
Certaines espèces de perroquet



**Spotted los**  
Squaretail coralgroup  
Mérou queue carrée



**Blak mo waet los**  
Blacksaddled coralgroup  
Saumonée léopard



**Flawa los**  
Yellow-edge lyretail  
Saumonée hirondelle



**Anglais**  
Red snapper  
Vivaneau chien rouge



**Sawfis**  
Great barracuda  
Barracuda



**Blak straep snapa**  
Black-banded snapper  
Vivaneau rayures noires



**Blak karong**  
Giant trevally  
Carangue à grosse tête



**Blakspot red maot**  
Blackspot emperor  
Empereur Saint-Pierre



**Bigfala namarae**  
Giant moray  
Murène javanaise



**Longnos red maot**  
Longface emperor  
Empereur gueule longue



**Yelo-tel namarae**  
Yellow-edged moray  
Murène points jaunes



**Ston los**  
Camouflage grouper  
Mérou camouflage

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.**

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