This page has been included to facilitate review of the pamphlet in a two-page PDF viewing mode. It is best viewed with two pages on screen at once.

This pamphlet has been designed for A5 size paper (5.8" x 8.3").

# Guide to Common Parasites of Food Fish Species in the Northwest Territories and Nunavut



N. Zabel, H. Swanson, & D. Conboy

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Front Cover: Arctic Grayling (Thymallus arcticus);

Image: US Fish and Wildlife Service, Mountain-Prairie Region.

First Edition: March 2023



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#### **Regional Map**



Map: Wikimedia Maps 5

#### Fish Species Covered in this Guide

**Arctic Charr** (*Salvelinus alpinus*): Omble Chevalier, Omble Rouge, Truite Rouge, Dhik'ii, Iqalukpik, Iqaluk, Tariungmiutaq, Łiwezoò dek'oo



**Arctic Cisco** (*Coregonus autumnalis*): Herring, Cisco Arctique, Treeluk, Qaaktaq



**Arctic Grayling** (*Thymallus arcticus*): Grayling, Bluefish, Ombre Arctique, Ts'ánt'I/ts'ajt'in, Cahcahkinosêw, Sriija, Sulukpaugaq, T'áe, Ts'ét'jah, Ts'étja



Atlantic Salmon (Salmo salar): Saumon Atlantique, Sama



**Broad Whitefish** (*Coregonus nasus*): Round-nosed Whitefish, River Whitefish, Corégone Tschir, Łu, Łuk zheii/Łuk dagaii, Anaakliiq



Bull Trout (Salvelinus confluentus): Mountain Charr, Omble à Tête Plate



**Burbot** (*Lota lota*): Freshwater Cod, Ling, Loche, Methe, Moira, Lotte, Queue d'Anguille, Títel, Chehluk, Tiktaaliq, Nohkwa, Nohtthie, Nohkwee



**Chinook Salmon** (*Oncorhynchus tshawytscha*): King Salmon, Blackmouth, Saumon Chinook, Łuk choo



**Chum Salmon** (*Oncorhynchus keta*): Dog Salmon, Saumon Kéta, Shii, Paiirluq



#### Fish Species Covered in this Guide (continued)

Coho Salmon (Oncorhynchus kisutch): Silver Salmon, Saumon Coho



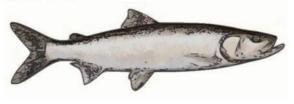
Dolly Varden (Salvelinus malma): Dolly Varden, Dhik'ii, Iqalukpik



**Fourhorn Sculpin** (*Myoxocephalus quadricornis*): Chaboisseau à quatre cornes, Kanajuq, Kanayuq



Inconnu (Stenodus nelma): Coney, Sheefish, Sruh, Inconnu, Beghúle, Sryuh, Siiraq, Siho, Mewúlı, Wille



Lake Cisco (Coregonus artedi): Lake Herring, Freshwater Herring, Tulibee, Tulabee, Cisco du Lac, Łuek'áta, Treeluk, Iqalusaaq, Łuehyaa, Edhíh, Łìhtsoa



Lake Trout (Salvelinus namaycush): Touladi, Truite Grise, Truite de Lac, Omble Gris, Łuezané, Namêkos, Vit, Ihuuqiq, Isiuralittaak, Iqaluaqpak (brackish), Singayuriaq (freshwater), Sahba, Łuezǫ, Łiwezǫò



Lake Whitefish (Coregonus clupeaformis): Humpback Whitefish, Crookedback, Grand Corégone, Poisson Blanc, Pointu, Łu, Dalts'an, Pikuktung, Lú, Łih



**Least Cisco** (*Coregonus sardinella*): Lake Herring, Cisco Sardinelle, Treeluk, Iriqpaligaurat



**Longnose Sucker** (*Catostomus catostomus*): Red Sucker, Meunier Rouge, Dëldële, Namêpiy/Namêpiń, Daats'at, Milugiaq, Dehdele, Dedelı, Dehdoo



#### Fish Species Covered in this Guide (continued)

Mountain Whitefish (Prosopium williamsoni): Ménomini de Montagnes



**Northern Pike** (*Esox lucius*): Jackfish, Jack Grand Brochet, Brochet Commun, ?ulday, lyinito-kinosêw, Eltin, ?óhda, Udaa, Jhdaa



**Pink Salmon** (*Oncorhynchus gorbuscha*): Humpback Salmon, Humpy, Saumon Rose, Siulik



Round Whitefish (Prosopium cylindraceum): Ménomini Rond, Łu, Łih



Sockeye Salmon (Oncorhynchus nerka): Kokanee Salmon, Saumon Rouge



**Walleye** (*Sander vitreus*): Pickerel, Doré jaune, Doré blanc, ?ełch'úe, Okâw, ?éhch'úę, Ehch'úę, Ehts'eę/Ehch'èę



White Sucker (Catostomus commersonii): Meunier Noir, Dëldële, Namêpiy/Namêpiń, Daats'at, Milugiaq, Dehdele, Dedelı, Kwìezhìı



#### **Common Fish Names**

**Salmon/Trout/Charr**: Łuezánk'ozé, Sôsâsiw, Mistamek, Misiwâpamek, Iqaluk, Łue metth'é detsili

Suckers: Dëldële, Namêpiy/Namêpiń, Daats'at, Milugiaq, Dehdele, Dedelı

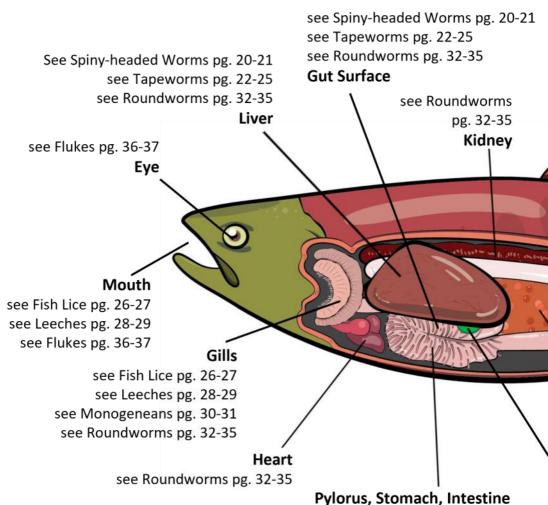
Whitefish: Łu, Atihkamêk, Kapihilik, Aanaakhiiq, Łuewá, Łúah, Łih

Fish names in English, French, Chipewyan (Denesuline), Northern Cree, Plains Cree, Gwich'in, Inuinnaqtun, Inuktitut, Inuvialuktun, North Slavey, South Slavey, and Tłįcho included, as available at the time of writing.

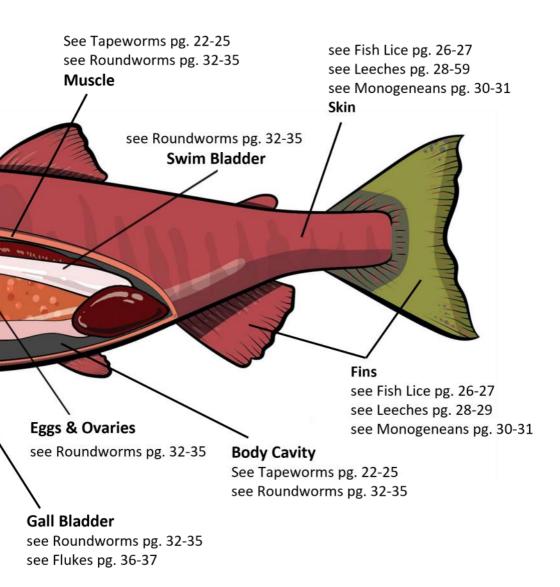
See pages 45 – 46 for references used.

Arctic Cisco, Broad Whitefish, Least Cisco: University of Guelph; Arctic Grayling & Dolly Varden: Fisheries and Oceans Canada; Fourhorn Sculpin: NOAA Great Lakes Environmental Research Laboratory; Longnose Sucker: Great Lakes Environmental Research Laboratory; Lake Cisco, Round Whitefish, White Sucker: New York State Department of Environmental Conservation; Pacific Salmon species: US Fish & Wildlife Service.

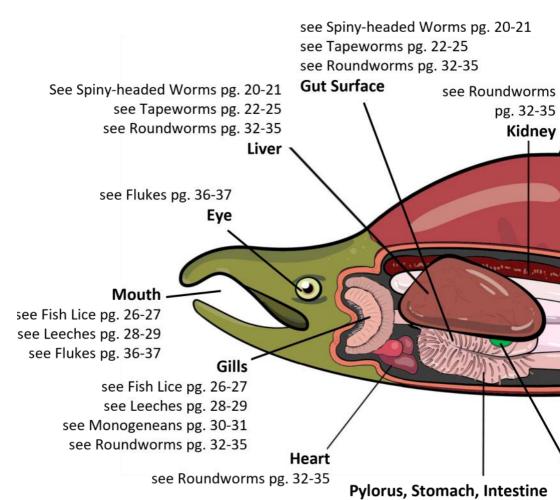
#### Where is the Parasite in the Female Fish?



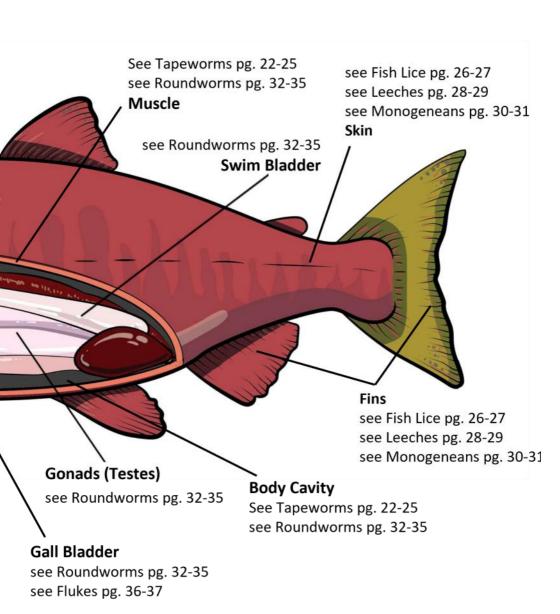
see Spiny-headed Worms pg. 20-21 see Tapeworms pg. 22-25 see Roundworms pg. 32-35 see Flukes pg. 36-37



#### Where is the Parasite in the Male Fish?



see Spiny-headed Worms pg. 20-21 see Tapeworms pg. 22-25 see Roundworms pg. 32-35 see Flukes pg. 36-37



#### Where is the Parasite in the Fish?

1. On the skin or fins?

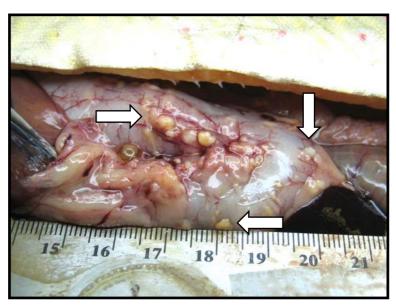
A. On the fins? see Fish Lice (pg. 26)
see Leeches (pg. 28)
see Monogeneans (pg. 30)
B. On the skin? see Fish Lice (pg. 26)
see Leeches (pg. 28)
see Monogeneans (pg. 30)
2. In the eyes? see Flukes (pg. 36)
3. In/around the gills? see Fish Lice (pg. 26)
see Leeches (pg. 28)
see Monogeneans (pg. 30)
see Roundworms (pg. 32)
see Flukes (pg. 36)
4. In/around the mouth? see Fish Lice (pg. 26)
see Leeches (pg. 28)
see Flukes (pg. 36)
5. Inside the body cavity? see Tapeworms (pg. 22)
see Roundworms (pg. 32)
6. In the stomach, pylorus, or intestine? see Spiny-headed Worms
(pg. 20)
see Tapeworms (pg. 22)
see Roundworms (pg. 32)
see Flukes (pg. 36)
7. On the surface of the guts? see Tapeworms (pg. 22)
see Roundworms (pg. 32)

_	see Roundworms (pg. 32see Flukes (pg. 36)
9. In/on the eggs or testes?	see Roundworms (pg. 32)
10. In/on the heart or kidney?	see Roundworms (pg. 32)
	see Spiny-headed Worms (pg. 20) see Tapeworms (pg. 22) see Roundworms (pg. 32)
12. In the swim bladder?	see Roundworms (pg. 32)
13. In the flesh?	see Tapeworms (pg. 22)
	see Roundworms (pg. 32)

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#### **Table of Parasite Groups**

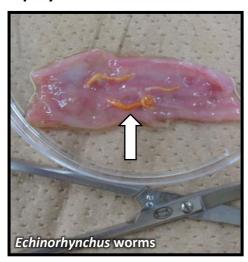
Spiny-headed Worms (Acanthocephala)	20
Tapeworms (Cestoda)	22
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Monogeneans (Monogenea)	30
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Flukes (Trematoda)	36



Multiple Cestoda or Tapeworm parasites (pg. 22) inside a trout: *Diphyllobothrium* cysts in the body cavity and on the organs.

(Image: C. Banner, ODFW/OSU, FishPathogens.net)

#### Spiny-headed Worms: Acanthocephala



#### Parts of fish affected

Found on the gut surface, and in the stomach, pylorus, intestines, and liver.

#### **Species Affected**

Arctic Charr, Arctic Cisco, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Chinook, Chum, Coho, Dolly Varden, Fourhorn Sculpin, Lake Cisco, Lake Trout, Lake Whitefish, Longnose

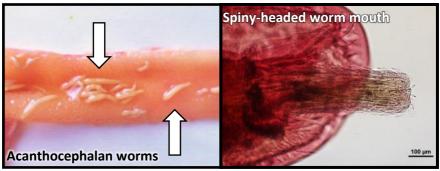
Sucker, Northern Pike, Pink Salmon, Round Whitefish, Sockeye, Walleye, White Sucker.

#### Description

Spiny-headed worms are **small**, light-coloured worms, sometimes having a large-looking 'head' end that they use to attach to the guts of the fish. There are two kinds of spiny-headed worms found in this region: *Corynosoma* and *Echinorhynchus*. *Corynosoma* only affects sea-run fish species.

#### Safe to Eat? Safe for Pets?

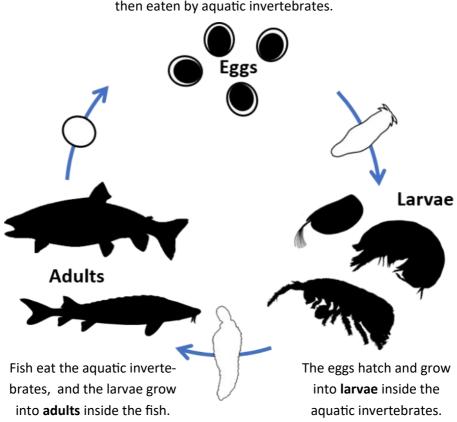
These parasites DO NOT affect people and DO NOT affect pets.



Images—Top: K. Yamada, Database of Parasites of Fish and Diseases (Japan Bottom Left: K. Nagasawa, Database of Parasites of Fish and Diseases (Japan); Bottom Right: G. Conboy.

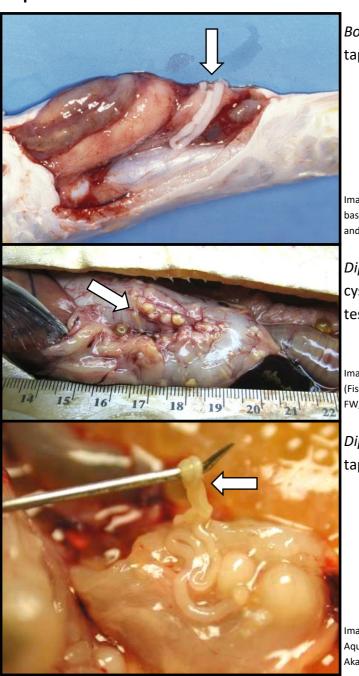
#### Spiny-headed Worms: Acanthocephala — Life Cycle

Spiny-headed worm **eggs** are released into the water through fish feces. The eggs are then eaten by aquatic invertebrates.



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#### **Tapeworms: Cestoda**



#### Bothriocephalus tapeworm

Image: K. Yamada, Database of Parasites of Fish and Diseases (Japan)

### Diphyllobothrium cysts on the intestine

Image: S. Atkinson (Fishpathogens.net), OD-FW/OSU

### Diphyllobothrium tapeworms

Image: Laboratory of Aquatic Pathobiology, Åko Akademi

#### **Tapeworms: Cestoda (continued)**

Proteocephalus tapeworms

Image: C. Banner, (Fishpathogens.net), OD-FW/OSU

Schistocephalus tapeworms

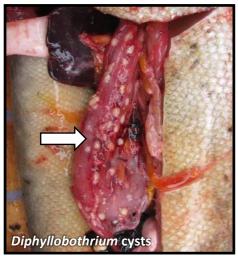
Image: Laboratory of Aquatic Pathobiology, Åko Akademi

Triaenophorus tapeworms in muscle

Image: L. Lönnström, Laboratory of Aquatic Pathobiology, Åko Akademi



#### **Tapeworms: Cestoda**



#### Parts of fish affected

Found in the body cavity, gut surface, stomach, pylorus, intestine, liver, and muscle.

#### **Species Affected**

Arctic Charr, Arctic Cisco, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Burbot, Chinook, Chum, Coho, Dolly Varden, Fourhorn Sculpin, Inconnu, Lake Cisco, Lake Trout, Lake Whitefish, Longnose

Sucker, Mountain Whitefish, Northern Pike, Pink Salmon, Round Whitefish, Sockeye, Walleye, White Sucker.

#### Description

Tapeworms have a complex life cycle, and can be found in various stages inside fish. Generally, adult tapeworms are long, stringy, and white/light beige in colour. Larval tapeworms usually form cysts inside a fish, which look like small white or beige-coloured balls or round lumps. There are many kinds of tapeworms, but they usually only infect certain kinds of fish.

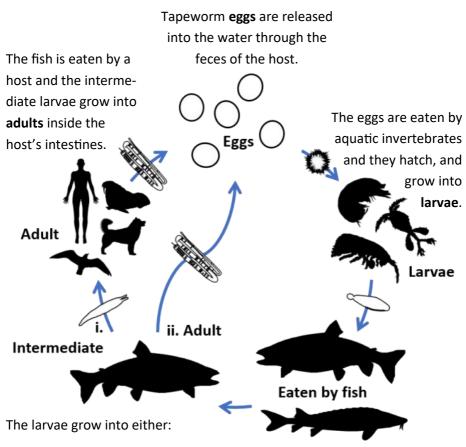
#### Safe to Eat? Safe for Pets?

**SOME** kinds of tapeworms can affect people and pets: *Diphyllobothrium* can infect humans. It is found in freshwater fish species, especially fisheating species like Northern Pike and Walleye.

#### Getting Rid of Tapeworms in Food

If there are tapeworms in the muscle or organs of the fish, they can be killed by thoroughly cooking (to 63°C) or freezing the fish to –20°C for 7 days. Smoking **does not** kill this parasite. *Diphyllobothrium* cysts look like roundworms cysts: however, roundworm cysts are perfectly round and smaller than *Diphyllobothrium* cysts.

#### **Tapeworms: Cestoda** — Life Cycle



i) **intermediate** larvae and form cysts inside the organs of the fish, waiting for the fish to be eaten by a suitable bird or mammal host; OR

ii) **adults** and attach to the intestines of the fish.

Fish eat the aquatic invertebrates that are infected with the **larvae**.

#### Fish Lice: Copepoda



#### Parts of fish affected

Found on the fins, skin, gills/gill cavity, mouth.

#### **Species Affected**

Arctic Charr, Arctic Cisco, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Burbot, Coho, Dolly Varden, Inconnu, Lake Cisco, Lake Trout, Lake Whitefish, Mountain Whitefish, Pink Salmon, Round Whitefish, Sockeye.

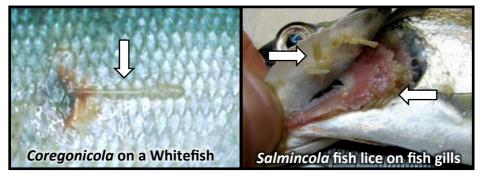
#### Description

Fish lice are small, clear to white to brown, lice-looking parasites, often with long egg sacks attached to their bodies. There are two kinds of fish lice found in this region: *Coregonicola* and *Salmincola*. *Coregonicola* often have one long egg sack and are found on sea-run whitefish, while *Salmincola* has two egg sacks. Fish lice are sometimes called 'anchor worms', but they are not worms!

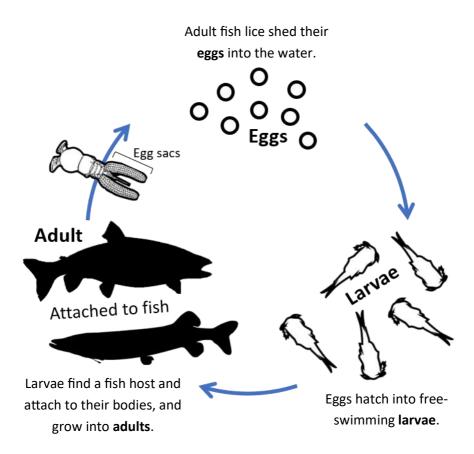
Only adult female fish lice are parasites: the adult males and the juveniles are free-living.

#### Safe to Eat? Safe for Pets?

These parasites DO NOT affect people and DO NOT affect pets.



#### Fish Lice: Copepoda — Life Cycle



Opposite images—Top: T. Awakura, Database of Parasites of Fish and Diseases (Japan); Bottom Left: J. D. Reist; Bottom Right: C. Banner, ODFW/OSU, Fishpathogens.net

#### Leeches: Hirudinae



#### Parts of fish affected

Found on the fins, skin, mouth.

#### **Species Affected**

All species can be affected by leeches. They have been found on:

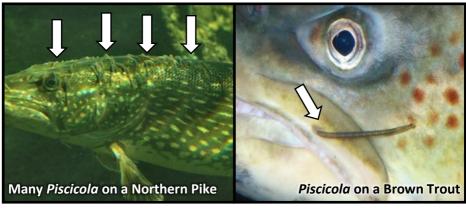
Broad Whitefish, Burbot, Coho, Inconnu, Lake Trout, Lake Whitefish, Mountain Whitefish, Northern Pike, Round Whitefish, Sockeye, Walleye

#### Description

Leeches are slender, worm-like parasite, between 2—3 cm long, and are usually clear to light brown with horizontal bands. Two kinds of Leeches are found in this region: *Cystobranchus* and *Piscicola*. They can leave small red bumps on fish when they fall off.

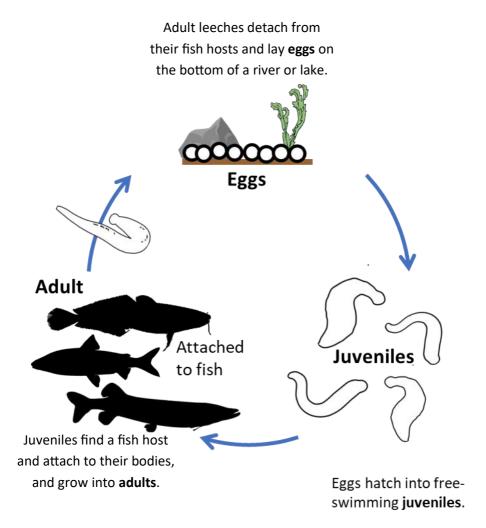
#### Safe to Eat? Safe for Pets?

These parasites DO NOT affect people and DO NOT affect pets, although they may try to attach to your skin or your pet when handling a fresh fish.



Images—Top: Hundsbuckler (WikiMedia); Left: J. C. Chou, Biopix; Right: N. Sloth, Biopix

#### Leeches: Hirudinae — Life Cycle



#### Monogeneans: Monogenea



#### Parts of fish affected

Found on the fins, gills/gill cavity.

#### **Species Affected**

Arctic Charr, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Coho, Dolly Varden, Lake Cisco, Lake Trout, Lake Whitefish, Least Cisco, Longnose Sucker, Mountain Whitefish, Northern Pike, Round Whitefish, White Sucker.

#### **Description**

Monogeneans are **small** (less than 1 cm), clear/white worm-like parasites, sometimes with spots. They are not common and **often hard to see** on fish. They are found on the fins and/or gills of fish. Three kinds of monogeneans have been found in this region: *Anonchohaptor*, *Discocotyle*, and *Tetraonchus*.

#### Safe to Eat? Safe for Pets?

These parasites DO NOT affect people and DO NOT affect pets.



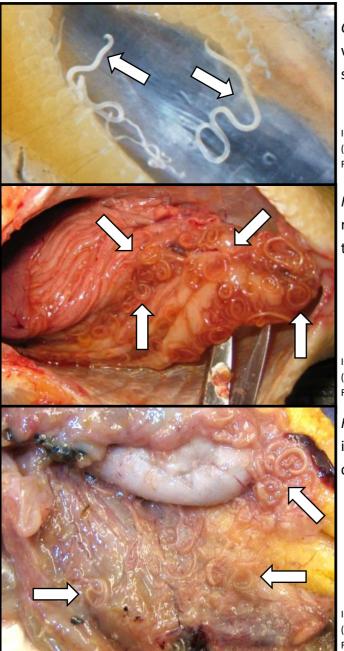
Images—Top: K. Okagawa, Database of Parasites in Fish and Shellfish; Left & Right: C. Blanar, Flickr.

#### Monogeneans: Monogenea — Life Cycle

eggs directly into the water. **Adult** Attached to gills or fins Larvae Larvae find a fish host and Eggs hatch into freeattach to their gills or fins, swimming larvae. and grow into adults.

Adult monogeneans shed their

#### **Roundworms: Nematoda**



Cystidicola roundworms in the swim bladder

Image: CC. Banner, (Fishpathogens.net), OD-FW/OSU

Hysterothylacium roundworms in the body cavity

Image: C. Banner, (Fishpathogens.net), OD-FW/OSU

Hysterothylacium inside the body cavity

Image: C. Banner, (Fishpathogens.net), OD-FW/OSU

#### **Roundworms: Nematoda (continued)**

Raphidascaris roundworms cysts on the digestive tract

Image: D. Goldsmith (Diagnostic Service Unit, Faculty of Veterinary Medicine, University of Calgary)

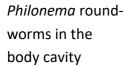


Image: C. Banner, (Fishpathogens.net), OD-FW/OSU

Anisakis roundworms in the liver

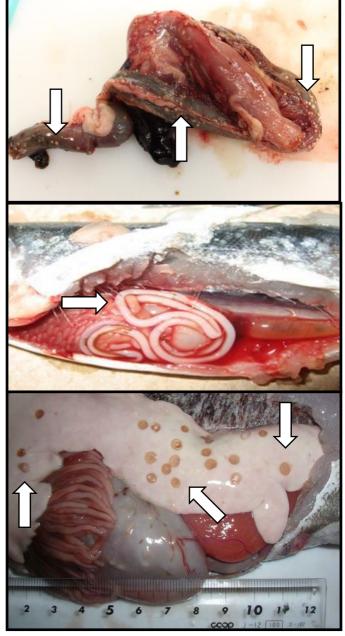
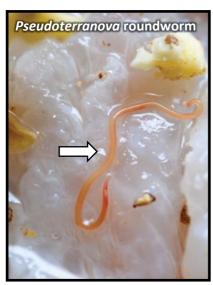


Image: S. Urawa, Database of Parasites of Fish and Diseases (Japan)

#### **Roundworms: Nematoda**



Image—P. Burgess.

#### Parts of fish affected

Found in the body cavity, gut surface, stomach, pylorus, intestine, sex organs, liver, swim bladder, and muscle.
Rarely in the eyes, gills/gill cavity, gall bladder.

#### Species Affected

Arctic Charr, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Burbot, Chinook, Chum, Coho, Dolly Varden, Lake Cisco, Lake Trout, Lake Whitefish, Least Cisco, Longnose Sucker, Mountain Whitefish, Northern Pike, Pink, Round

Whitefish, Sockeye, Walleye, White Sucker.

#### **Description**

Roundworms are clear, white, pink, or flesh-coloured round parasitic worms. Adults can be long (20 cm+) and are not segmented. Larval cysts are often white, hard, <u>perfectly round</u>, and small – smaller than tapeworm cysts (pg. 22). Ten kinds of roundworms are found in this region.

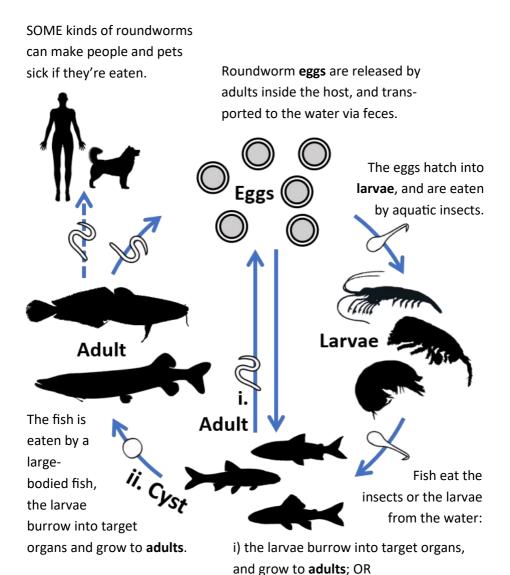
#### Safe to Eat? Safe for Pets?

SOME kinds of roundworms can affect people and pets: *Anisakis* and *Pseudoterranova* can affect humans and cause *Anisakidosis*, a sickness that can cause abdominal pain, nausea, and vomiting. Roundworms can also make pets sick. *Anisakis* and *Pseudoterranova* are only found in marine fish. No other roundworms found in this region can affect people or pets.

#### Getting Rid of Round Worms in Food

If there are *Anisakis or Pseudoterranova* roundworms in the muscle or organs of the fish, they can be killed by thoroughly cooking (to 63°C), or freezing the fish to –20°C for 7 days. Smoking **does not** kill these parasites.

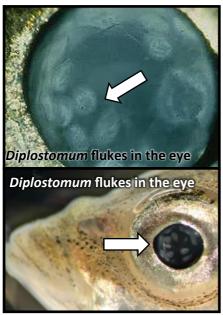
#### Roundworms: Nematoda — Life Cycle



bodied fish.

ii) the larvae form **cysts** inside the fish, waiting for it to be eaten by a large-

#### Flukes: Trematoda



#### Parts of fish affected

Found in the eyes, body cavity, stomach, pylorus, intestine, and gall bladder. Occasionally in/on the mouth.

#### **Species Affected**

All food fish species: Arctic Charr, Arctic Cisco, Arctic Grayling, Atlantic Salmon, Broad Whitefish, Bull Trout, Burbot, Chinook, Chum, Coho, Dolly Varden, Lake Cisco, Lake Trout, Lake Whitefish, Least Cisco, Longnose Sucker, Mountain Whitefish, Northern Pike, Pink, Round Whitefish, Sockeye, Walleye, White Sucker

#### Description

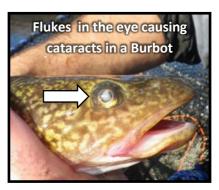
Flukes are small, worm-looking parasites. They are **not often seen** or noticed because of their **small size**. Adults attach to their host using suckers on their head and belly. Seven kinds of flukes are found in this region.

Adult *Diplostomum* flukes infect the eyes of fish and can cause cataracts. Flukes also form cysts inside some hosts: the cysts are **tiny**.

## Safe to Eat? Safe for Pets?

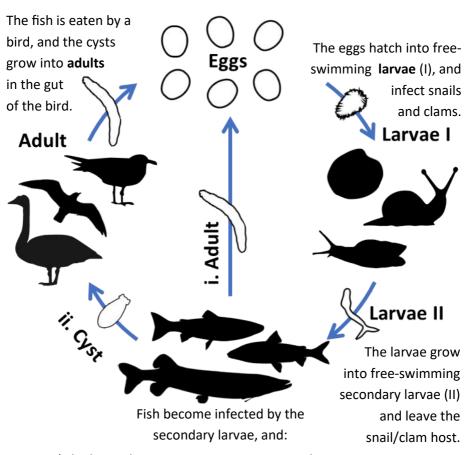
These parasites DO NOT affect people and DO NOT affect pets.

Images—*Upper:* Fish Vet Group; *Lower*: N. Erin; *Bottom Right*: J Harms, Yukon Environment.



# Flukes: Trematoda — Life Cycle

Fluke **eggs** are releases inside the host, and transported to the water via feces.



- i) the larvae burrow into target organs, and grow to **adults**; OR
- ii) form cysts, waiting for the fish to be eaten by a bird.

# Parasites & People—Cooking and Food Safety

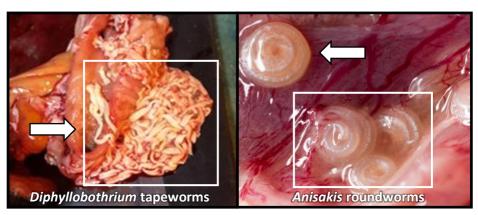
Parasites are a natural part of the environment and are found in all water-bodies, both freshwater and saltwater. They can be found in clean water and polluted water. Ecosystems that are rich in parasites are often healthy ones. Parasites are generally not a problem for people or for pets: parasite-related diseases are relatively rare.

You can avoid parasites in fish in several ways:

- By catching and eating younger or smaller fish. Parasites accumulate and grow over time, so a younger and/or smaller fish may have fewer parasites.
- 2. By eating certain kinds of fish. Some parasites grow to adults inside large, fish-eating species like Northern Pike or Lake Trout.
- 3. By eating different species from different lakes and rivers.

For the few parasites that can infect people or pets (roundworms including *Anisakis* & *Pseudoterranova*, tapeworms including *Diphyllobothrium*), the fish can be made safe by cleaning the fish thoroughly after being caught, freezing the fish to –20°C for at least 7 days, and thoroughly cooking the fish (to at least 63°C/145°F).

Smoking, salting/salt curing, or marinating fish **will not** kill any parasites. Thoroughly cooking and/or freezing **will** kill any parasites in the fish.



Images-Left: JM Johnson

# **Parasites & Climate Change**

Climate change is expected to have profound effects on the environment of the North. Changes in local climate, water temperature, amount and extent of winter ice cover, and nutrient levels in water bodies are expected, which will have complicated effects on fishes and the parasites which affect them.

Parasites are sensitive to changes in environmental conditions, particularly temperature, as these changes can influence their life cycles. Life cycles of parasites are tied to the life cycles and timing of their hosts. Climate change may change the overlap between parasites and their hosts: decreased overlap may cause decreases or even local disappearance of some parasite species. On the other hand, warmer water temperatures may increase parasite growth rate and maturation, and could lead to shorter generation times and therefore greater frequency and prevalence of parasitic infections.

Climate change, and human actions, may result in the introduction of exotic or non-native species, that bring associated parasites with them. These parasites could then infect new hosts that are not used to dealing with them and may have lower resistance to infection. The effects of climate change combined with the added stress of competing with new exotic species could result in changes in fish populations and associated parasites.

Warmer waters could also result in the northern movement of parasites, with southern parasites possibly being found in northern ecosystems. However, as parasites are sensitive to temperature, climate change might result in parasites having a similar sized range but just further north. Continued climate changes may even result in smaller ranges for species that prefer colder temperatures.

The overall effect of climate change on parasites and parasite-host relationships is complex and difficult to predict. It is likely that increased parasite loads may be found in northern fish species, and that there will be changes in what parasite species are present or absent, as parasites and hosts both respond to environmental changes.

#### List of Parasite Genera in the NWT and Nunavut

## Acanthocephala—Spiny-headed Worms

Corynosoma

**Echinorhynchus** 

## Cestoda—Tapeworms

**Bothrimonus** 

Bothriocephalus

Cyathocephalus

Diphyllobothrium

Eubothrium

Glaridacris

Protecocephalus

Schistocephalus

Triaenophorus

### Copepoda—Fish Lice

Coregonicola

Salmincola

## Hirudinea—Leeches

Cystobranchus

Piscicola

# ${\bf Monogenea-} {\bf Monogeneans}$

Anonchohaptor

Discocotyle

Tetraonchus

#### Nematoda—Roundworms

**Anisakis** 

Cystidicola

Haplonema

Hysterothylacium

Philonema

Pseudocapillaria

Pseudoterranova

Raphidascaris

Salmonema

Truttaedacnitis

#### Trematoda—Flukes

Allocredium

Brachyphallus

Crepidostomum

Derogenes

Diplostomum

Lecithaster

Prosorhyncoides

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