

PFOS Fish Advisory

Lake Washington, Lake Sammamish, and Lake Meridian
































Continue to eat fish. Eating fish is good for you and has important health benefits.

- Perfluorooctane sulfonate (PFOS) has been found in several fish species in Lake Washington, Lake Sammamish, and Lake Meridian. PFOS comes from a chemical family called per- and polyfluoroalkyl substances (PFAS). PFAS chemicals are sometimes called “forever chemicals” in the news. PFOS has been made since the late 1940s, and was phased out of production in the U.S. in 2002 due to health concerns.
- Having PFOS in your body can interfere with your immune system and make some vaccinations less effective and increase your risk for kidney cancer, a lower birthweight for your baby, and high cholesterol. PFOS exposure may also increase your risk for other cancers (like testicular cancer), thyroid disease, high blood pressure problems during pregnancy, and other reproductive issues.
- Your risk of developing health problems depends on how much, how often, and how long you were exposed. Age, lifestyle and overall health can impact how your body responds to PFOS exposure.



A map showing the location of Lake Washington, Lake Sammamish and Lake Meridian in relation to Seattle, Issaquah and Kent.

Protect your health by lowering your PFOS exposure.
Follow the guidelines on the back page to safely eat fish from Lake Washington, Lake Sammamish and Lake Meridian.

Lake Washington	Lake Meridian	Lake Sammamish
Common Carp: Do Not Eat	Northern Pikeminnow: Do Not Eat	Northern Pikeminnow: Do Not Eat
 	 	 
Cutthroat Trout: Do Not Eat	Smallmouth Bass: Do Not Eat	Largemouth Bass: Do Not Eat
 	 	 
Largemouth Bass: Do Not Eat	Largemouth Bass: 1 meal max per month	Yellow Perch: 1 meal max per month
 		
Northern Pikeminnow: Do Not Eat	Yellow Perch: 1 meal max per month	Smallmouth Bass: 2 meals max per month
 		
Smallmouth Bass: Do Not Eat	Kokanee: 2 meals max per month	Brown Bullhead: Healthy Choice
		
Yellow Perch: 1 meal max per month	Brown Bullhead: Healthy Choice	
		
Brown Bullhead: 4 meals max per month	1 meal = 1 uncooked fillet the size and thickness of your palm  Adult  Child	
		
Pumpkinseed: Healthy Choice		
		
Kokanee: Healthy Choice		
		
Rainbow Trout: Healthy Choice	For more information, visit our website at https://doh.wa.gov/community-and-environment/food/fish/advisories	
		

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