






# Washington State Department of Health

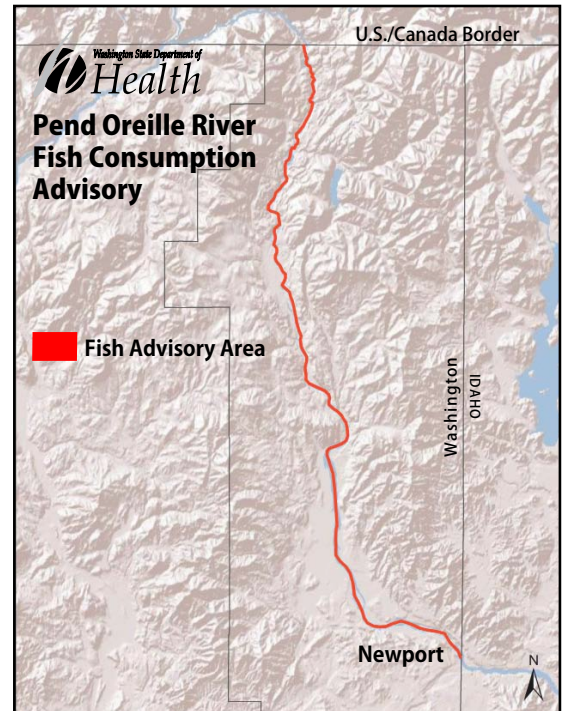
## Fish Consumption Advisory

### Pend Oreille River



Certain types of fish from the Pend Oreille River contain the toxic chemical mercury at levels that may harm your health, depending on how much you eat. If you eat fish from this area follow these recommendations. **This is very important for women who are or might become pregnant, nursing mothers, and young children because they are especially at risk for health problems that mercury may cause.**

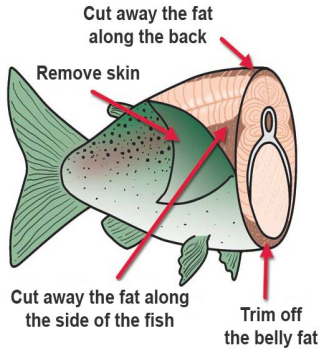
CAUTION		Meals Per Month*
Northern Pike		Smaller than 24 inches 2 meals per month
Largemouth Bass		2 meals per month
Smallmouth Bass		2 meals per month
DO NOT EAT		
Northern Pike		Bigger than 24 inches DO NOT EAT
Northern Pikeminnow		DO NOT EAT



\* One meal is 8 ounces of uncooked fish for a 160 lb person. If you weigh more or less than 160 lbs, add or subtract 1 ounce for every 20 lbs of body weight.

### Preparing Fish the Healthy Way

Fish are part of a healthy diet. You can make it even healthier if you follow these tips. Some chemicals build up in the fat of fish and can be reduced if you prepare and cook fish correctly. Mercury can't be reduced because it builds up in fish muscle (the fillet).



- When cleaning fish, remove the skin, fat, and internal organs before cooking.
- Grill, bake, or broil fish so that the fat drips off while cooking.
- Eat younger and smaller fish (within legal limits).

### Contact Information

**Fish Advisory:**  
 Department of Health  
 Fish Advisories Program  
 Toll Free: 1-877-485-7316  
<http://www.doh.wa.gov/fish>

**Contaminant Study:**  
 Department of Ecology  
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<http://www.ecy.wa.gov/programs/eap>

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