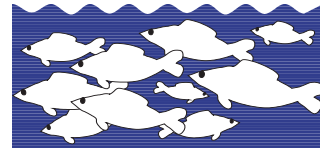


What You Need to Know Before You Eat that Fish!



Why Eat Fish?

- Important sources of protein in your diet
- Important sources of omega-3 fatty acids

What is Mercury?

Poisonous metal

- Natural sources include volcanic eruptions, forest fires, rock weathering and other wood burning and rock weathering processes.
- Manmade sources include municipal and medical waste burning, fossil fuel combustion and manufacturing of pesticides and chlorine-based industrial products.

How does it get into the fish diet?

- Mercury attaches to particles in the air, which eventually settle onto the ground and in water.
- In the water, it is absorbed onto particles that may be eaten by fish.

Mercury and the Health of Your Child

- If you are pregnant you may pass mercury onto your unborn child.
- If you are breast feeding, mercury can be passed onto your child through breast milk.
- Mercury poisoning may cause:
 - Lowered IQ
 - Delayed walking and talking
 - Impaired hearing
 - Poor coordination
 - Other severe health problems, depending on level of exposure

What Can You Do to Protect Your Family?

- Follow the state guidelines in the Illinois Fish Consumption Advisory (see reverse.)
- Talk to your health care providers.
- Stay informed.

For More Information

Environmental Protection Agency
www.epa.gov/ost/fish/

Food and Drug Administration
vm.cfsan.fda.gov/~dms/admeHg.html

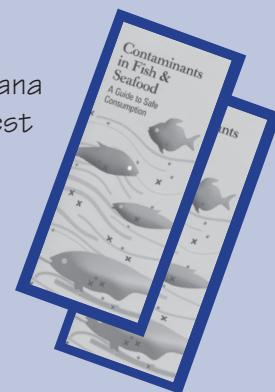
Illinois Department of Natural Resources
www.dnr.state.il.us/fish/index.htm

Illinois Department of Public Health
(866)369-9710
www.idph.state.il.us/envhealth/factsheets/fishadv.htm

Illinois Environmental Protection Agency
www.epa.state.il.us

Illinois-Indiana Sea Grant College Program
www.iisgcp.org

Read Illinois-Indiana
Sea Grant's latest
contaminants
brochures . . .



www.iisgcp.org/aquaeacol/contamin/contamin.htm

This advisory is updated annually.
 Visit www.idph.state.il.us/envhealth/fishadv/fishadvisory05.htm
 for the latest Lake Michigan fish advisory information.

ILLINOIS DEPARTMENT OF PUBLIC HEALTH
ILLINOIS FISH ADVISORY
 Rod R. Blagojevich, Governor • Eric E. Whitaker, M.D., M.P.H., Director

Lake Michigan
 Cook and Lake Counties

Species and Meal Frequency

| Species | Consumption Guidelines | Contaminant |
|-----------------|---|-------------|
| Chinook Salmon | All Waters Less than 30" 1 meal/month - or - Larger than 30" 6 meals/year | PCBs |
| Coho Salmon | All Waters All Sizes 1 meal/month | PCBs |
| Rainbow Trout | All Waters Less than 22" 1 meal/week - or - Larger than 17" 1 meal/month | PCBs |
| Brown Trout | All Waters Less than 22" 1 meal/month - or - Larger than 22" 6 meals/year | PCBs |
| Channel Catfish | All Waters All Sizes Do Not Eat | PCBs |
| Lake Trout | All Waters Less than 23" 1 meal/month - or - 23" to 27" 6 meals/year - or - Larger than 27" Do Not Eat | PCBs |
| Yellow Perch | All Waters All Sizes 1 meal/week | PCBs |
| Carp | All Waters All Sizes Do Not Eat | PCBs |
| Lake Whitefish | Picture Not Available All Waters Less than 19" 1 meal/week - or - all sizes 1 meal/month - or - Larger than 25" 6 meals/year | PCBs |
| Smelt | Picture Not Available All Waters All Sizes 1 meal/week | PCBs |

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Published by the Illinois-Indiana Sea Grant College Program, Richard Warner, Director. Funding is provided by the National Sea Grant College Program, National Oceanic and Atmospheric Administration, U.S. Department of Commerce, under Grant #NA16RG1149. Illinois-Indiana Sea Grant is a joint federal and state program of the University of Illinois at Urbana-Champaign and Purdue University, West Lafayette, Indiana. The University of Illinois and Purdue University offer equal opportunities in programs and employment. The views expressed herein do not necessarily reflect the views of NOAA or any of its sub-agencies. For additional copies of this publication, email white2@uiuc.edu or call 217.333.9441.

IISG-05-01

