

What You Need to Know Before You Eat That Fish!

PCBs and Your Family

Why eat fish?

- Important sources of protein
- Important sources of omega-3 fatty acids

What are PCBs?

Polychlorinated biphenyls (PCBs)

- Manmade chemicals
- Used by industry because they are chemically stable and non-flammable.
- No longer manufactured or marketed in the U.S.
- Found globally, in the lower atmosphere, in the oceans, sediments, fish, and wildlife.

How do PCBs get into fish diets?

- They can be released into the air and attach to particles that eventually settle on the ground and in water.
- They may leach out of spill sites or landfills.
- They are long-lasting, toxic, and tend to build up in the fat of animals.

PCBs and the health of your child

- If you are pregnant, you may pass PCBs onto your unborn child.
- If you are breastfeeding, PCBs can be passed onto your child through breast milk.

PCB poisoning may cause:

- Low birth weight
- Decreased intelligence, memory, and attention span
- Developmental delay
- Slowed growth

What can you do to protect your family?

- Follow the state guidelines in the Department of Natural Resources *Illinois Fishing Information* booklet.
- Talk to your healthcare providers.
- Stay informed.



Where can you get more information?

Environmental Protection Agency
<http://www.epa.gov/ost/fish/>

Food and Drug Administration
<http://vm.cfsan.fda.gov/~dms/admehg.html>

Illinois Department of Natural Resources
<http://dnr.state.il.us/fish/index.htm>

Illinois Department of Public Health
<http://www.idph.state.il.us/envhealth/fact-sheets/fishadv.htm>

Illinois Environmental Protection Agency – <http://www.epa.state.il.us>

Illinois-Indiana Sea Grant College Program – <http://www.iisgcp.org>

Illinois Department of Public Health at
(866) 369-9710

Information can also be found in the Department of Natural Resources *Illinois Fishing Information* booklet (available where fishing licenses are sold).

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PCB Hotspots in Illinois' Lake Michigan & Surrounding Waters in the Chicago Metro Area

Location	Species	Fish Size	Meal Frequency			
			1 meal/month	6 meals/month	6 meals/year	DO NOT EAT
Lake Michigan (all waters for Lake and Cook Counties)	Chinook Salmon	< 32"	✓			
		> 32"			✓	
	Coho Salmon	All Sizes	✓			
	Rainbow Trout	> 22"	✓			
	Brown Trout	< 22"	✓			
		> 22"			✓	
	Channel Catfish	All Sizes				✓
	Lake Trout	< 23"	✓			
		23" - 27"			✓	
		>27"				✓
	Carp	All Sizes				✓
	Lake Whitefish	All Sizes	✓			
Lake Calumet	Largemouth Bass	>14"	✓			
	Carp	All Sizes	✓			
Calumet River System (Calumet River, Cal Sag Channel, Little Calumet River (from Cal Sag Channel to the Calumet River))	Yellow Bass	< 8"	✓			
		> 8"			✓	
	Carp	<12"	✓			
		>12"				✓
Midlothian Reservoir	^a Carp	>15"		✓		
Saganashkee Slough	^b Channel Catfish	<18"				
Fox Chain-O-Lakes	^c Channel Catfish	<18"				
	Carp	All Sizes	✓			
Fox River	Carp	All Sizes	✓			
Busse Lake	Carp	All Sizes	✓			
DuPage River (Rte. 6 to the Des Plaines River)	Channel Catfish	All Sizes	✓			
	Smallmouth Bass	All Sizes	✓			
	Carp	All Sizes	✓			
Des Plaines River (Rte. 120 to Hoffman Dam)	Carp	>19"			✓	
Des Plaines River (Hoffman Dam to Lockport)	Channel Catfish	All Sizes	✓			
	Carp	<22"	✓			
		>22"			✓	
Des Plaines River (Lockport to Kankakee River)	Channel Catfish	All Sizes	✓			
	Carp	<18"			✓	
		>18"				✓
	Freshwater Drum	All Sizes	✓			
Chicago River System (North/South Branches of the Chicago River, North Shore Channel, Chicago Sanitary & Ship Canal)	Largemouth Bass	All Sizes	✓			
	Carp	<12"			✓	
		>12"				✓
Salt Creek	Carp	All Sizes	✓			
Wolf Lake	Carp	All Sizes	✓			

a, b, and c - unlimited consumption below the recommended size

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