

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).

Author: Leslie Dorworth
Designer: Susan White



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

Location	Species	Fish Size	Meal Frequency			DO NOT EAT
			1 meal/month	6 meals/month	6 meals/year	
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

For copies of this fact sheet, please contact Susan White at white2@uiuc.edu or (217)333.9441.

Published by the Illinois-Indiana Sea Grant College Program, William Sullivan, Interim 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.



UNIVERSITY OF ILLINOIS
EXTENSION



IISG-05-24