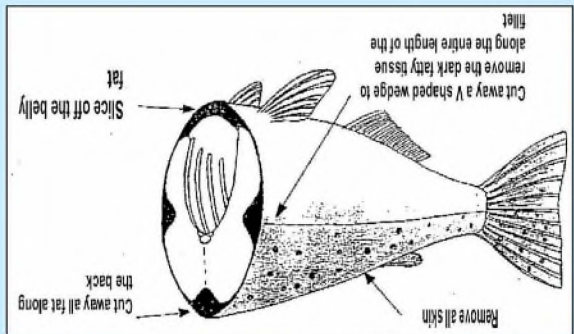


Mercury is in the edible (fillet) portion of fish. Therefore, you cannot lower your exposure to mercury by cooking or cleaning the fish. Large fish usually have the highest levels of PCBs and mercury. If you have a choice, eat smaller fish of any species. In addition, certain smaller species generally have lower levels of contamination (perch, small trout, sunfish).

Remove and do not eat the organs, head, skin and the dark fatty tissue along the back bone, lateral lines and belly.



Remove fatty portions before cooking

PCBs are mostly in the fatty portions of fish. It is very important to remove skin and other fatty parts. Cook fish on a rack (broil) so that fat can drip away from the flesh.

What Else Can I Do To Eat Fish Safely?

The Connecticut Department of Energy and Environmental Protection (CT DEEP) is working to improve water quality in Connecticut and is limiting the amount of mercury which can be released into the air.

- **Mercury in the air.** Mercury travels long distances from where it is released. Much of it comes from air pollution outside of Connecticut.
 - **Chemical spills that happened in the past.** Even though these spills have been stopped, it will take years for the mercury or PCB levels in the fish to drop to safe levels.
- Mercury, PCBs and per- and polyfluoroalkyl substances (PFAS) can build up in fish to levels that are thousands of times higher than in the water. These contaminants enter the water from:

How Do These Contaminants Get Into Fish?

Most trout from Connecticut's rivers are safe to eat because they usually have little contamination and are routinely re-stocked. However, there are limits on trout from certain waterbodies due to PCBs and on large trout from lakes due to mercury (see large chart in center).

Are Trout Safe To Eat?

Most fish from the market are healthy to eat and contain important nutrients such as omega-3 fatty acids. However, there are some fish that contain high levels of mercury or PCBs and so should be eaten less or not at all. This pamphlet points out which fish are healthy to eat and which ones are not safe to eat (small chart on page 3).

3. Advice for Fish Purchased from the MARKET: Most fish from the market are healthy to eat and contain important nutrients such as omega-3 fatty acids. However, there are some fish that contain high levels of mercury or PCBs and so should be eaten less or not at all. This pamphlet provides details on eating fish safely from these waterbodies.

2. Advisories for SPECIFIC WATERBODIES: Certain waterbodies contain fish with higher levels of contaminants. These waterbodies include the Housatonic River, part of the Quimipiac River, certain lakes, and certain species from Long Island Sound. The large chart in the center of this pamphlet provides details on eating fish safely from these waterbodies.

- **High Risk Group:** eat no more than 1 meal per month
 - **Low Risk Group:** eat no more than 1 meal per week
- freshwater advice is that:
- 1. Statewide FRESHWATER Fish Advisory:** Most freshwater fish in Connecticut contain enough mercury to cause some limit to consumption. The statewide

Advice is given for three different types of fish consumption:

- If you do not fit into the High Risk Group, you are in the **Low Risk Group.**
- You are in the **High Risk Group** if you are a pregnant woman, a woman who could become pregnant, a nursing mother, or a child under six.

The advisory tells you how often you can safely eat fish from Connecticut's waters and from a store or restaurant. In many cases, separate advice is given for the **High Risk and Low Risk Groups.**

What Does The Fish Consumption Advisory Say?

Fish from Connecticut's waters are a healthy, low-cost source of protein. Unfortunately, some fish take up chemicals such as mercury and polychlorinated biphenyls (PCBs). These chemicals can build up in your body and increase health risks. The developing fetus and young children are most sensitive. Women who eat fish containing these chemicals before or during pregnancy or nursing may have children who are slow to develop and learn. Long term exposure to PCBs may increase cancer risk.

This pamphlet will give you information that will help your family avoid chemicals in fish and eat fish safely.

What About Fish from Markets and Restaurants?

Many fish from the market or restaurant are low in contaminants. Some of these fish are also high in omega-3 fatty acids, a nutrient oil from fish that improves brain development and helps prevent heart disease. However, some fish from the market can contain high levels of certain contaminants, especially mercury.

In general, people in the **High Risk Group** can eat up to 2 fish meals a week from the market or at restaurants. Certain fish are especially low in contaminants and can be eaten more often. The following are specific tips for those in the **High Risk Group** to choose healthy fish from the store:

- **Swordfish and Shark:** these contain high levels of mercury and **should not be eaten.**
- **Canned tuna:** Choose "light" tuna because it has less mercury than "white" tuna.
- **Lobster and other shellfish** are generally low in chemical contaminants. The tomalley portion of lobster (the green gland) can be high in contaminants and should not be eaten. This applies to lobster from Long Island Sound and elsewhere.

Fish from the Market and Restaurant

The chart below provides general guidance for **Women & Children** on which fish to choose. Fish with hearts are ♥ either especially high in omega-3 fatty acids and/or very low in contaminants and can be eaten more than twice a week.

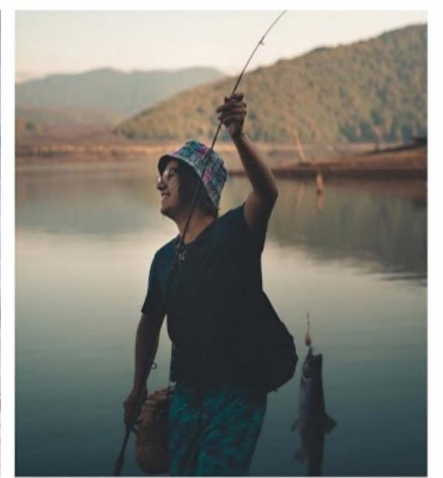
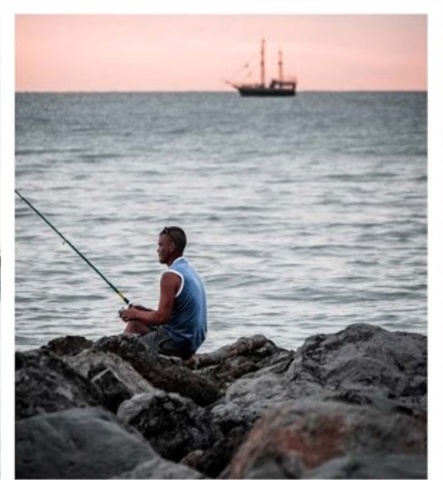
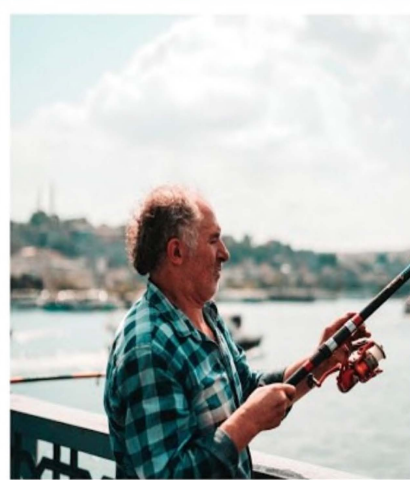
Eat 2 Meals a Week		Eat 1 Meal a Week		Avoid
Herring ♥	Trout ♥	Tuna Steak	Swordfish	
Pollock ♥	Haddock	Halibut	Shark	
Salmon (wild) ♥	Perch	Red Snapper	King Mackerel	
Atlantic Mackerel ♥	Tilapia	White Tuna (canned)	Striped Bass	
Flounder & Fluke ♥	Light tuna (canned)	Catfish (farm-raised)	Tilefish (Gulf of Mexico)	
Sole ♥	Cod	Tilefish (Atlantic)	Bluefish	
Sardines & Smelt ♥	Salmon (farm-raised)		Tuna Sushi	
Shellfish: oysters, shrimp, clams, scallops, lobster *		* see warning above about lobster tomalley		

People in the **Low Risk Group** can safely eat higher amounts of market seafood. For example, swordfish or shark - once per month; tuna steak or halibut - twice per week.

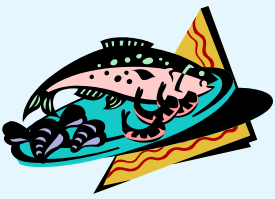


If I Catch It, Can I Eat It?

A Guide to Eating Fish Safely
2021 Connecticut Fish Consumption Advisory



<https://portal.ct.gov/fish>
1-877-458-FISH (3474)



2021 Connecticut Safe Fish Consumption

REMEMBER

Follow this advisory to make sure the fish you choose to eat are safe for your family.

- Every fresh waterbody has some consumption limits as indicated at the top of the chart.
- *Long Island Sound*: Most fish are safe to eat except for listed restrictions on striped bass, bluefish, and weakfish.
- Be aware of advice for fish from the market or restaurant. See market advice on page 3.
- Your exposure to PCBs in fish can be reduced by trimming away fat and cooking fish on a rack so that fat drips away.

WHERE CAN I GET MORE INFORMATION?

More specific fact sheets can be obtained by calling 1-877-458-FISH (3474), or by going to the DPH WEB SITE: <https://portal.ct.gov/fish>

Health Questions?

Call CT DPH toll-free at: **1-877-458-FISH (3474)**

Questions about fishing in Connecticut?

Call CT DEEP at 860-424-3474.
www.ct.gov/deep/fishing

Footnotes from Table:

a. The **High Risk Group** includes pregnant women, women who could become pregnant, nursing women, and children under age 6.

The **High Risk Group** should eat no more than one fish meal per month of most freshwater fish from local waters

b. The **Low Risk Group** should limit eating most freshwater fish to once a week.

c. Most trout are not part of the advisory and are safe to eat. However, the high risk group should eat no more than one meal of large trout (over 15") per month and should not eat trout from the Housatonic River.

d. The Natchaug River from the dam at the Willimantic Reservoir (northern boundary) downstream to where it forms the Shetucket River. The advisory extends a 1/2 mile down the Shetucket River to Plains Road. Willimantic River from where it meets the Shetucket and Natchaug Rivers upstream to the dam at Pine Street.

e. Snappers (bluefish under 13") are not on the advisory because they have very low contamination.

This fact sheet is funded in part by funds from the CT Environmental Public Health Tracking Program and the Comprehensive Environmental Response, Compensation, and Liability Act trust fund through a cooperative agreement with the Agency for Toxic Substances & Disease Registry, Public Health Service, U.S. Department of Health and Human Services.

STATEWIDE FRESHWATER FISH ADVICE

Waterbody	Fish Species	High Risk Group ^a	Low Risk Group ^b	Contaminant
<i>All fresh lakes, ponds, rivers & streams</i>	Trout ^e Sunfish	No Limits on Consumption	No Limits on Consumption	--
	All other freshwater fish	One meal per month	One meal per week	Mercury

SPECIAL ADVICE FOR THE HOUSATONIC RIVER AREA

Waterbody	Fish Species	High Risk Group ^a	Low Risk Group ^b	Contaminant
<i>Housatonic River above Lake Lillinonah</i>	Trout, Catfish, Eels, Carp, Northern Pike	Do not eat	Do not eat	PCBs
	Bass, White Perch	Do not eat	One meal per 2 months	PCBs
	Bluegill, Bullheads, Fallfish	One meal per month	One meal per month	PCBs
	Yellow Perch, Calico Bass (Crappie), Rock Bass & Sunfish	One meal per month	One meal per week	PCBs
<i>Lakes on Housatonic River: (Lillinonah, Zoar, Housatonic)</i>	Catfish, Eels, Carp, Northern Pike, Trout	Do not eat	Do not eat	PCBs
	White Perch, Fallfish, Bullheads	One meal per month	One meal per month	PCBs
	Bass	Do not eat	One meal per 2 months	PCBs
	Yellow Perch, Calico Bass (Crappie), Rock Bass, Bluegill & Sunfish	One meal per month	One meal per week	PCBs
<i>Furnace Brook (Cornwall)</i>	Trout	One meal per month	One meal per month	PCBs
<i>Blackberry River below "Blast Furnace" (North Canaan)</i>	Smallmouth Bass	One meal per month	One meal per month	PCBs

SPECIAL ADVICE FOR OTHER CT FRESH WATERBODIES

Waterbody	Fish Species	High Risk Group ^a	Low Risk Group ^b	Contaminant
<i>Dodge Pond Lake McDonough Silver Lake Wyassup Lake</i>	Largemouth Bass, Smallmouth Bass, Pickerel	Do not eat	One meal per month	Mercury
<i>Quinnipiac River (Gorge south to Hanover Pond) Meriden</i>	All Species	One meal per month	One meal per month	PCBs
<i>Connecticut River</i>	Catfish	One meal per month	One meal per week	PCBs
<i>Versailles, Papermill Ponds & attached Little River (Sprague)</i>	All Species	Do not eat	Do not eat	Mercury PCBs
<i>Konkapot River (North Canaan)</i>	White Suckers	Do not eat	One meal per month	Mercury
<i>Brewster Pond (Stratford)</i>	Catfish & Bullheads	Do not eat	Do not eat	Chlordane
<i>Union Pond (Manchester)</i>	Carp, Catfish, Bass	Do not eat	Do not eat	Chlordane
<i>Natchaug, Willimantic and Shetucket Rivers^d (Willimantic & Mansfield)</i>	Bass	One meal per month	One meal per month	PFAS

SPECIAL ADVICE FOR LONG ISLAND SOUND

Waterbody	Fish Species	High Risk Group ^a	Low Risk Group ^b	Contaminant
<i>Long Island Sound and connected rivers</i>	Striped Bass	Do not eat	One meal per month	PCBs
	Bluefish over 25"	Do not eat	One meal per month	PCBs
	Bluefish 13- 25 " ^e	One meal per month	One meal per month	PCBs
	Weakfish	One meal per month	One meal per month	PCBs
<i>Mill River, Fairfield [excluding Southport Harbor]</i>	Blue Crab	Do not eat	Do not eat	Lead



Consumo Seguro Pescado de Connecticut 2021

RECUERDE

Sigue este aviso para asegurarte que el pescado que elijas comer sea seguro para tu familia.

- Cada cuerpo de agua dulce tiene algunos límites de consumo, como se indica en la parte superior de la tabla.
- *Long Island Sound*: La mayoría de los peces son seguros para comer excepto por las restricciones indicadas sobre el bajo rayado, la anjova y corvinas.
- Tenga en cuenta los consejos para el pescado del mercado o del restaurante. Vea los consejos de mercado en la página 3.
- La exposición a los PCB en el pescado se puede reducir recortando la grasa y cocinando el pescado en una parrilla para que la grasa escurra.

¿DÓNDE PUEDO OBTENER MÁS INFORMACIÓN?

Se pueden obtener datos más específicos llamando al 1-877-458-FISH (3474) o yendo al SITIO WEB de DPH: <https://portal.ct.gov/fish>

¿Tiene preguntas de salud? Llame gratis a CT DPH a: **1-877-458-FISH (3474)**

¿Tiene preguntas sobre la pesca en Connecticut? Llame a CT DEEP al 860-424-3474. www.ct.gov/deep/fishing

Notas al pie de la tabla:

a. El Grupo de Alto Riesgo incluye mujeres embarazadas, mujeres que podrían quedar embarazadas, mujeres lactantes y niños menores de 6 años.

El Grupo de Alto Riesgo no debe comer más de una comida de pescado al mes de la mayoría de los peces de agua dulce de aguas locales.

b. El Grupo de Bajo Riesgo debería limitar el consumo de la mayoría de los peces de agua dulce a una vez por semana.

c. La mayoría de las truchas no forman parte de esta advertencia y son seguras para comer. Sin embargo, el grupo de Alto Riesgo no debe comer más de una comida de trucha grande (más de 15") al mes y no debe comer trucha del Río Housatonic.

d. El Río Natchaug desde la presa del Embalse Willimantic (límite norte) aguas abajo hasta donde forma el Río Shetucket. El consejo se extiende 1/2 milla por el Río Shetucket hasta Plains Road. El Río Willimantic desde donde se encuentra con Los Ríos Shetucket y Natchaug río arriba hasta la presa de Pine Street.

e. Los pargos (peces azules menores de 13") no están en el aviso porque tienen una contaminación muy baja.

Esta hoja informativa está financiada en parte con fondos del Programa de Seguimiento de Salud Pública Ambiental de CT y Ley de Respuesta Ambiental Exhaustiva, Compensación y Responsabilidad y a través de un acuerdo cooperativo con la Agencia para el Registro de Sustancias Tóxicas y Enfermedades, Servicio de Salud Pública y el Departamento de Salud y Servicios Humanos.

CONSEJOS DEL ESTADO SOBRE PECES DE AGUA DULCE

Cuerpo de agua	Especies de peces	Grupo de Alto Riesgo ^a	Grupo de Bajo Riesgo ^b	Contaminante
<i>Todos los lagos, estanques, ríos y arroyos frescos</i>	Trucha ^c Pez Sol	Sin límites de consumo	Sin límites de consumo	--
	Todos los demás peces de agua dulce	Una comida al mes	Una comida por semana	Mercurio

CONSEJOS ESPECIALES PARA LA ZONA DEL RÍO HOUSATONIC

Cuerpo de agua	Especies de peces	Grupo de Alto Riesgo ^a	Grupo de Bajo Riesgo ^b	Contaminante
<i>Río Housatonic sobre el Lago Lillinonah</i>	Trucha, Siluro, Anguilas, Carpa, Lucio del Norte	No comer	No comer	PCB
	Lubina, Perca blanca	No comer	Una comida cada 2 meses	PCB
	Agalla Azul, Bullheads, Fallfish	Una comida al mes	Una comida al mes	PCB
	Perca Amarilla, Cabrilla Sargacera (Crappie), Bajo de Roca & Pez Sol	Una comida al mes	Una comida por semana	PCB
<i>Lagos en el Río Housatonic: (Lillinonah, Zoar, Housatonic)</i>	Siluro, Anguilas, Carpa, Lucio del Norte, Trucha	No comer	No comer	PCB
	Perca Blanca, Fallfish, Cabeza del Toro	Una comida al mes	Una comida al mes	PCB
	Lubina	No comer	Una comida cada 2 meses	PCB
	Perca Amarilla, Cabrilla Sargacera (Crappie), Bajo de Roca, Agalla Azul y Pez Sol	Una comida al mes	Una comida por semana	PCB
<i>Furnace Brook (Cornwall)</i>	Trucha	Una comida al mes	Una comida al mes	PCB
<i>Río Blackberry debajo del «Blast Furnace» (North Canaan)</i>	Lobina de Boca Chica	Una comida al mes	Una comida al mes	PCB

CONSEJOS ESPECIALES PARA OTROS CUERPOS DE AGUA

Cuerpo de Agua	Especies de Peces	Grupo de Alto Riesgo ^a	Grupo de Bajo Riesgo ^b	Contaminante
<i>Estanque Dodge Lago McDonough Lago Silver Lago Wyassup</i>	Lobina de Boca Grande, Lobina de Boca Chica, Lucio	No comer	Una comida al mes	Mercurio
<i>Río Quinnipiac (Garganta Sur hasta estanque Hanover) Meriden</i>	Todas las especies	Una comida al mes	Una comida al mes	PCB
<i>Río Connecticut</i>	Siluro	Una comida al mes	Una comida por semana	PCB
<i>Versailles, Estanque Papermill & Lago Little (Sprague)</i>	Todas las especies	No comer	No comer	Mercurio PCB
<i>Río Konkapot (North Canaan)</i>	Ventosa Blanca	No comer	Una comida al mes	Mercurio
<i>Estanque Brewster (Stratford)</i>	Siluro y Cabeza de Toro	No comer	No comer	Clordano
<i>Estanque Union (Manchester)</i>	Carpa, Siluro, Lubina	No comer	No comer	Clordano
<i>Ríos Natchaug, Willimantic y Shetucket^d (Willimantic y Mansfield)</i>	Lubina	Una comida al mes	Una comida al mes	PFAS

CONSEJOS ESPECIALES PARA LONG ISLAND SOUND

Cuerpo de agua	Especies de peces	Grupo de Alto Riesgo ^a	Grupo de Bajo Riesgo ^b	Contaminante
<i>Long Island Sound y ríos conectados</i>	Lubina Rayada Anjova Pez Azul a más de 25"	No comer No comer	Una comida al mes Una comida al mes	PCB PCB
	Anjova Azul 13 - 25 " e Pescadillas	Una comida al mes Una comida al mes	Una comida al mes Una comida al mes	PCB PCB
<i>Río Mill, Fairfield [excluido Southport Harbor]</i>	Cangrejo Azul	No comer	No comer	Plomo