A GUIDE TO EATING FISH from CLEAR LAKE (LAKE COUNTY)

Eat the Good Fish
Eating fish that are low in chemicals may provide health benefits to children and adults.

Avoid the Bad Fish
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.

**Women (18-49 Years)**

- **7 TOTAL SERVINGS A WEEK**
- **OR**
- **3 TOTAL SERVINGS A WEEK**
- **OR**
- **1 TOTAL SERVING A WEEK**
- **DO NOT EAT**

**Men (18+ Years)**

- **7 TOTAL SERVINGS A WEEK**
- **OR**
- **7 TOTAL SERVINGS A WEEK**
- **OR**
- **3 TOTAL SERVINGS A WEEK**
- **OR**
- **1 TOTAL SERVING A WEEK**
- **DO NOT EAT**

**Children (1-17 Years)**

- **7 TOTAL SERVINGS A WEEK**
- **OR**
- **7 TOTAL SERVINGS A WEEK**
- **OR**
- **3 TOTAL SERVINGS A WEEK**
- **OR**
- **1 TOTAL SERVING A WEEK**
- **DO NOT EAT**

**Serving Size**
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

**For Adults**

- Asian Clam (Corbicula)
- Winged Floater Mussel
- Inland Silverside
- Threadfin Shad
- Sacramento Blackfish
- Bullhead
- Catfish
- Common Carp
- Crappie
- Crayfish
- Mosquitofish
- Prickly Sculpin
- Sunfish Species
- Black Bass Species

**For Children**

- Eat only the skinless fillet
- Eat only the meat

California Office of Environmental Health Hazard Assessment
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*Clear Lake Hitch removed from advisory. See note below.

*Clear Lake Hitch: No take permitted per the California Endangered Species Act.

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