A GUIDE TO EATING FISH *from the* LAURITZEN CHANNEL

IN RICHMOND INNER HARBOR

(CONTRA COSTA 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) / Children (1-17 Years)	Women (50+ Years) / Men (18+ Years)
DO NOT EAT	**DO NOT EAT**

ALL FISH

California Office of Environmental Health Hazard Assessment web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572