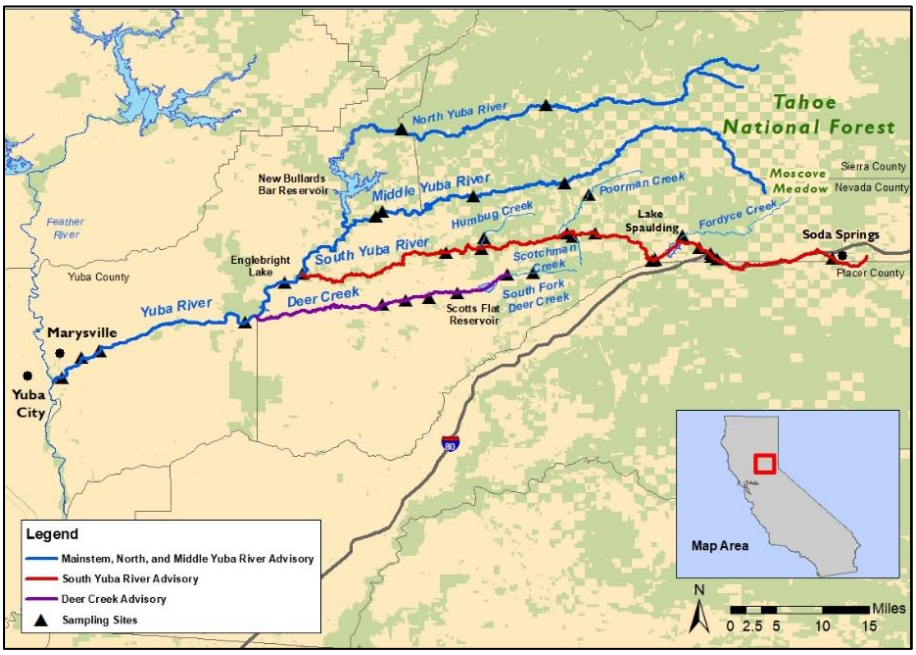
INFORMATION ABOUT EATING FISH FROM THE YUBA RIVER AND DEER CREEK (NEVADA, PLACER, SIERRA, AND YUBA COUNTIES)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
September 2018

Why did OEHHA develop an advisory for eating fish from the Yuba River and Deer Creek?

OEHHA developed an advisory for the Yuba River and Deer Creek because of mercury found in the fish caught from these waters. The Yuba River watershed spans four counties (Nevada, Placer, Sierra, and Yuba) and is located between Yuba City and the western slope of the Sierra Nevada. Advice was grouped as follows: 1) the "mainstem" Yuba River (between New Bullards Bar Reservoir and Yuba City), North Yuba River, and Middle Yuba River, 2) the South Yuba River, and 3) Deer Creek. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

This advisory does not cover other flowing waters within the Yuba River watershed, nor the reservoirs that impound the rivers. Specific advice has previously been developed for two of these reservoirs, New Bullards Bar Reservoir and Englebright Lake[1].



[1] Advice for New Bullards Bar Reservoir and Englebright Lake can be found on OEHHA's website at: https://oehha.ca.gov/advisories/new-bullards-bar-reservoir https://oehha.ca.gov/advisories/englebright-lake

Why should I eat fish?

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.

- Fish are a good source of protein and vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

Which chemicals are of concern for people eating fish from the Yuba River and Deer Creek?

- Mercury
  - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels. It is the most commonly found contaminant in fish.
  - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
  - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18-45 years and children should eat, and another set of advice for women 46 years and older and men 18 years and older.

How did OEHHA determine the consumption guidelines for fish from the Yuba River and Deer Creek?

- OEHHA compared chemical levels in fish caught from the Yuba River and Deer Creek to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

What does OEHHA recommend for people who want to eat fish from the Yuba River and Deer Creek?

- OEHHA recommends the amounts and types of fish that may be eaten each week as "servings." The recommended number of servings for the different river sections are given below. A serving is considered to be 8 ounces, prior to cooking, or about the size and thickness of your hand for fish fillets. Give children smaller servings. For smaller fish species, several individual fish may be required to yield a serving.

- **Mainstem Yuba River, North and Middle Yuba Rivers**
  - Women 18-45 years and children 1-17 years
    - Should not eat black bass species or Sacramento Pikeminnow
    - May eat:
      - 1 total serving per week of Sacramento Sucker, or
      - 2 total servings per week of Rainbow Trout

- Women 46 years and older and men age 18 years and older
    - May eat:
        - 1 total serving per week of black bass species or Sacramento Pikeminnow, or
        - 2 total servings per week of Sacramento Sucker, or
        - 6 total servings per week of Rainbow Trout

- **South Yuba River**
    - Women 18-45 years and children 1-17 years
        - Should not eat black bass species or Sacramento Sucker
        - May eat:
            - 2 total servings per week of Rainbow Trout, or
            - 3 total servings per week of Brown Trout

    - Women 46 years and older and men age 18 years and older
        - May eat:
            - 1 total serving per week of black bass species or Sacramento Sucker, or
            - 5 total servings per week of Rainbow Trout, or
            - 7 total servings per week of Brown Trout

- **Deer Creek**
    - Women 18-45 years and children 1-17 years
        - May eat:
            - 1 total serving per week of Brown Trout

    - Women 46 years and older and men age 18 years and older
        - May eat:
            - 3 total servings per week of Brown Trout

What else can I do to protect my health and the health of my family?

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA's guidelines for eating sport fish in California:
    - Visit https://oehha.ca.gov/fish/advisories or call OEHHA at (916) 324-7572 or (510) 622-3170
    - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit https://www.wildlife.ca.gov/Regulations

A GUIDE TO EATING FISH *from* THE MAINSTEM YUBA*, NORTH YUBA AND MIDDLE YUBA RIVERS

(NEVADA, PLACER, SIERRA, AND YUBA COUNTIES)

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 (18-45 Years) / Children (1-17 Years)	Women (46+ Years) / Men (18+ Years)
2 TOTAL SERVINGS A WEEK	**6** TOTAL SERVINGS A WEEK
OR	OR
1 TOTAL SERVING A WEEK	**2** TOTAL SERVINGS A WEEK
	OR
0 DO NOT EAT	**1** TOTAL SERVING A WEEK

Rainbow Trout
high in omega-3s

Sucker

Black Bass Species

Pikeminnow

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

For Adults **For Children**

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

*The mainstem Yuba River includes the stretch between New Bullards Bar Reservoir and Yuba City. Separate advisories are available for New Bullards Bar Reservoir and Englebright Lake.

Eat only the skinless fillet **Eat only the meat**

Some chemicals are higher in the skin, fat, and guts.

A GUIDE TO EATING FISH *from* THE SOUTH YUBA RIVER

(NEVADA 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 (18-45 Years) / Children (1-17 Years)	Women (46+ Years) / Men (18+ Years)
3 TOTAL SERVINGS A WEEK	**7** TOTAL SERVINGS A WEEK
OR	OR
2 TOTAL SERVINGS A WEEK	**5** TOTAL SERVINGS A WEEK
	OR
0 DO NOT EAT	**1** TOTAL SERVING A WEEK

Brown Trout
high in omega-3s

Rainbow Trout
high in omega-3s

Black Bass Species

Sucker

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

For Adults

For Children

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Eat only the skinless fillet

Eat only the meat

Some chemicals are higher in the skin, fat, and guts.

A GUIDE TO EATING FISH *from* DEER CREEK

(NEVADA 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.

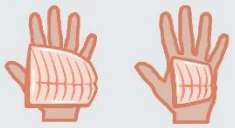
Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.

Women (18-45 Years) / Children (1-17 Years)	Women (46+ Years) / Men (18+ Years)
1 TOTAL SERVING A WEEK	**3** TOTAL SERVINGS A WEEK

Brown Trout
high in omega-3s

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

For Adults **For Children**



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Eat only the skinless fillet **Eat only the meat**

Some chemicals are higher in the skin, fat, and guts.