



INFORMATION ABOUT EATING FISH FROM LAKE CHABOT (SOLANO COUNTY)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
December 2024

Why did OEHHA develop an advisory for eating fish from Lake Chabot?

OEHHA developed a new fish advisory for Lake Chabot because of mercury and polychlorinated biphenyl (PCB) levels found in the fish caught from this water body. Lake Chabot is located in the city of Vallejo, in Solano County. This advice pertains only to Lake Chabot in Solano County, separate advice is available for [Lake Chabot in Alameda County](#). This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish from different California water bodies.

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 be beneficial to the baby's brain development.

Which contaminants are of concern for people eating these fish from Lake Chabot?

- Mercury
 - Mercury is a metal that comes from mining, air fallout from burning coal and other fuels, and from natural sources. It is the most commonly found contaminant of concern in fish.
 - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Methylmercury can pass from mothers to their babies during pregnancy.
 - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for how much mercury-containing fish women ages 18–49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.
- Polychlorinated Biphenyls (PCBs)
 - PCBs are industrial chemicals. While banned in the 1970s, they persist for many years in the environment and are still found in fish, sediment, and water as a result of spills, leaks, and improper disposal.

- PCBs can increase cancer risk. PCBs may also harm the developing fetus, which can include effects on growth and learning. Women can pass PCBs on to their babies during pregnancy and breastfeeding.
- PCBs can build up to very high levels in the skin, fat, and some internal organs of fish. That is why OEHHA recommends eating only the skinless fillet (meat) of fish.

How did OEHHA determine the consumption guidelines for eating these fish species from Lake Chabot?

- OEHHA compared contaminant levels in fish caught from Lake Chabot to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the health benefits of fish consumption and the risks from the contaminants.

What does OEHHA recommend for people who want to eat these fish species from Lake Chabot?

- OEHHA recommends the types and amounts of fish that may be eaten each week as "servings." A serving is 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.
- Women 18–49 years and children 1–17 years
 - Should not eat black bass species.
 - May eat:
 - 5 total servings per week of Golden Shiner, or
 - 2 total servings per week of sunfish species, or
 - 1 total serving per week of Common Carp.
- Women 50 years and older and men 18 years and older
 - May eat:
 - 7 total servings per week of Golden Shiner or sunfish species, or
 - 2 total servings per week of Common Carp, or
 - 1 total serving per week of black bass species.
- For additional fish species found in Lake Chabot and not included in this advisory, OEHHA recommends following the [statewide advisory for eating fish from California's lakes and reservoirs without site-specific advice](#).

How long is the advisory in effect?

This advisory is effective until an update is issued because chemical contaminant levels in fish do not change much over time.

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 and 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>.



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

5 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Children



Less than 8 ounces

One
Serving

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE CHABOT (Solano County)



Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.

Avoid the Bad Fish

Eating fish with higher levels of mercury and PCBs can harm the brain and nervous system, especially in fetuses, babies and children.



Golden Shiner

Photo credit: New York Department of Environmental Conservation



Sunfish Species



Common Carp



Black Bass Species

California Office of Environmental
Health Hazard Assessment

web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

Eat only the
skinless fillet



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

Eat only the meat



SCAN ME