



## **INFORMATION ABOUT EATING FISH FROM LAKE ALMANOR (PLUMAS COUNTY)**

Office of Environmental Health Hazard Assessment (OEHHA)  
California Environmental Protection Agency  
November 2017

### **Why did OEHHA develop advisories for eating fish from Lake Almanor?**

OEHHA developed an advisory for Lake Almanor because of mercury found in the fish caught from this water body. Lake Almanor is located in Plumas County near the town of Chester. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in 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, 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 Lake Almanor?**

- 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 Lake Almanor?**

- OEHHA compared chemical levels in fish caught from Lake Almanor 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 Lake Almanor?

- OEHHA recommends the amount and type of fish that can be eaten each week as "servings." A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings.
- Women 18-45 years and children 1-17 years
  - Should not eat Sacramento Sucker
  - Can eat:
    - 1 total serving per week of black bass species, or
    - 2 total servings per week of Rainbow Trout, or
    - 7 total servings per week of Inland Silverside
- Women 46 years and older and men age 18 years and older
  - Can eat:
    - 1 total serving per week of Sacramento Sucker, or
    - 4 total serving per week of black bass species, or
    - 5 total servings per week of Rainbow Trout, or
    - 7 total servings per week of Inland Silverside
- For additional fish species found in Lake Almanor 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](#)

### 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 [www.oehha.ca.gov](http://www.oehha.ca.gov) (click on "FISH", then "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**  
(18-45 Years)

**Children**  
(1-17 Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**Serving Size**

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

For Adults



For Children



**Women**  
(46+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**5** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

# A GUIDE TO EATING FISH

from  
**LAKE ALMANOR**  
(PLUMAS 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.

  
Inland Silverside

  
Rainbow Trout  
♥ high in omega-3s

  
Black Bass Species  
♥ high in omega-3s

  
Sucker

 California Office of Environmental Health Hazard Assessment

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
phone (916) 324-7572

Eat only the skinless fillet



Eat only the meat



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