



INFORMATION ABOUT EATING FISH FROM THE BEAR RIVER (NEVADA, PLACER, SUTTER, AND YUBA COUNTIES)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
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Why did OEHHA develop an advisory for eating fish from the Bear River?

OEHHA developed an advisory for the Bear River because of mercury found in the fish caught from this water body. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

The Bear River originates in the Tahoe National Forest and creates the Nevada-Placer county boundary for much of its course before joining the Feather River south of Yuba City and Marysville. This advisory does not cover other flowing waters within the greater Bear River watershed, nor the reservoirs that impound the river. Specific advice has previously been developed for three of these reservoirs: Camp Far West Reservoir, Lake Combie, and Rollins Reservoir¹.

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 Bear River?

- 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.

¹ Advice for Camp Far West Reservoir, Lake Combie, and Rollins Reservoir can be found on OEHHA's website at:
<https://oehha.ca.gov/advisories/camp-far-west-reservoir>
<https://oehha.ca.gov/fish/advisories/lake-combie>
<https://oehha.ca.gov/fish/advisories/rollins-reservoir>

- 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 Bear River?

- OEHHA compared chemical levels in fish caught from the Bear River 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 Bear River?

- OEHHA recommends the amounts and types 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 18-45 years and children 1-17 years
 - Should not eat black bass species
 - May eat:
 - 1 total serving per week of Brown Trout, Channel Catfish, or sunfish species, or
 - 2 total servings per week of Rainbow Trout or Sacramento Sucker
- Women 46 years and older and men age 18 years and older
 - May eat:
 - 1 total serving per week of black bass species, or
 - 2 total servings per week of Channel Catfish, or
 - 3 total servings per week of Brown Trout or sunfish species, or
 - 4 total servings per week of Rainbow Trout or Sacramento Sucker

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>



Women
(18-45 Years)

Children
(1-17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



Women
(46+ Years)

Men
(18+ Years)

4 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Serving Size

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

For Adults



For Children



A GUIDE TO EATING FISH from the BEAR RIVER

(NEVADA, PLACER, SUTTER 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.



Rainbow Trout
♥ high in omega-3s



Sucker



Brown Trout
♥ high in omega-3s



Sunfish Species



Channel Catfish



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



Eat only the meat



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