



Women
(18-49 Years)

Children
(1-17 Years)

7 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

3 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* CLEAR LAKE (LAKE 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.



Asian Clam
(Corbicula)



Winged Floater Mussel



Inland Silverside



Threadfin Shad



Sacramento Blackfish



Bullhead



Catfish



Common Carp



Crappie



Crayfish



Mosquitofish



Prickly Sculpin



Sunfish Species

*Clear Lake Hitch removed from advisory. See note below.



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

Inland silverside photo: North American Native Fishes Association.
Threadfin shad photo: Uland Thomas, Ohio Department of
Natural Resources

Eat only the
skinless fillet



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

Eat only the meat



*Clear Lake Hitch:

No take permitted per
the California
Endangered Species
Act.

Updated 08/2018