



INFORMATION ABOUT EATING FISH FROM THE FOLLOWING GUADALUPE RIVER WATERSHED WATER BODIES (SANTA CLARA COUNTY):

ALAMITOS CREEK
ALMADEN LAKE
ALMADEN RESERVOIR
CALERO CREEK

CALERO RESERVOIR
GUADALUPE CREEK
GUADALUPE RESERVOIR
GUADALUPE RIVER

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
Updated December 2020

What does OEHHA recommend for people who want to eat fish from Alamitos Creek, Almaden Lake, Almaden Reservoir, Calero Creek, Calero Reservoir, Guadalupe Creek, Guadalupe Reservoir, Guadalupe River, and associated percolation ponds?

- **OEHHA recommends that no fish be consumed from these water bodies.** Most fish have excessive levels of mercury.

Why did OEHHA update the advisory for eating fish these water bodies and extend advice to Almaden Lake and Calero Creek?

OEHHA updated the 1987 advisory for Alamitos Creek, Almaden Reservoir, Calero Reservoir, Guadalupe Creek, Guadalupe Reservoir, Guadalupe River, and associated percolation ponds because additional data became available. These water bodies are located in the Guadalupe River Watershed, in and near the city of San Jose, in Santa Clara County. The Guadalupe River Watershed has a long history of intensive mercury mining, resulting in significant mercury contamination of local streams and reservoirs. Almaden Lake and Calero Creek were included in this update due to the availability of newer data and because they are connected to the other water bodies. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

Which chemicals are of concern for people eating fish from these water bodies?

- 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 18–49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.

How did OEHHA determine the consumption guidelines for fish from these water bodies?

- OEHHA compared chemical levels in fish caught from Alamitos Creek, Almaden Lake, Almaden Reservoir, Calero Reservoir, Guadalupe Reservoir, and Guadalupe River to levels that are considered safe for human consumption. Fish samples were not collected from Calero Creek or Guadalupe Creek.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

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. However fish from the water bodies covered by this advisory have high levels of mercury and should not be consumed.
- 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.

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

- Explore regional and statewide water body alternatives to safely consume fish with OEHHA's interactive advisory map, and 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)

**DO NOT
EAT**



Women
(50+ Years)

Men
(18+ Years)

**DO NOT
EAT**

A GUIDE TO EATING FISH
from
**ALAMITOS CREEK
ALMADEN LAKE
ALMADEN RESERVOIR
CALERO CREEK
CALERO RESERVOIR
GUADALUPE CREEK
GUADALUPE RESERVOIR
GUADALUPE RIVER
AND ASSOCIATED
PERCOLATION PONDS**
(SANTA CLARA COUNTY)

**Eat the
Good Fish**

Eating fish that are low in chemicals may provide health benefits to children and adults.



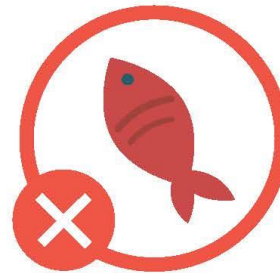
**Avoid the
Bad Fish**

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.



ALL FISH

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