



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 the

LAURITZEN CHANNEL

IN RICHMOND INNER HARBOR

(CONTRA COSTA COUNTY)

Eat the Good Fish

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



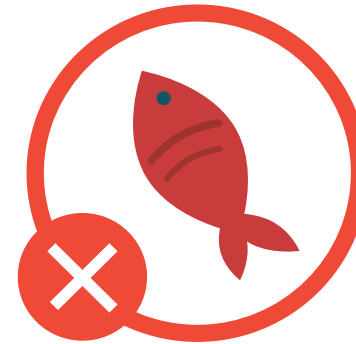
Avoid the Bad Fish

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