



Hudson River Health Advice on Eating Sportfish 2009 – 2010



The New York State Department of Health (NYSDOH) offers advice on eating Hudson River fish. Fish are nutritious and good to eat. And fishing is fun.

However, fish from the Hudson River from the Corinth Dam to the Battery in Manhattan have levels of chemicals that might be harmful to your health or to the health of your family.

The chemicals in Hudson River fish are called polychlorinated biphenyls (PCBs) and they can build up in the body.

Possible health effects of PCBs include:

- a slight decrease in a baby's birthweight
- small effects on short-term memory and learning ability in children
- small changes in reproductive health

Also, studies show that PCBs can cause cancer in animals.

Because of this chemical contamination, NYSDOH offers advice on eating fish:

Women of childbearing years and children under 15 should not eat fish from the Hudson River south of the Corinth Dam.



The advice for men and for women beyond childbearing years depends upon where you fish on the river, and the type of fish you catch. See the map on the other side for more detailed advice on eating Hudson River fish.

Fish can have many thousand times more PCBs than the surrounding water, and larger fish generally have more PCBs than smaller fish.

Some species of fish have more PCBs than others. One reason is that PCBs concentrate in fat and some fish contain more fat. Fatty fish like catfish have a lot of PCBs. **No one should eat white catfish, channel catfish, or American eel from the Hudson River south of the Dam at the Route 9 Bridge in South Glens Falls.**

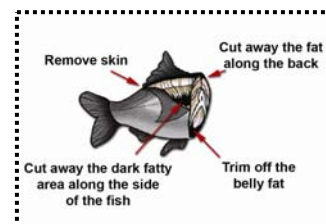


Trimming and cooking fish properly can reduce the PCBs you eat by nearly one half.

- Skin and trim
- Broil, grill, or bake the skinned, cleaned fish on a rack so that the fat drips away.
- Do not use cooking juices.



Do not eat the "green stuff" in crabs.



The Hudson River Fish Advisory Outreach Project

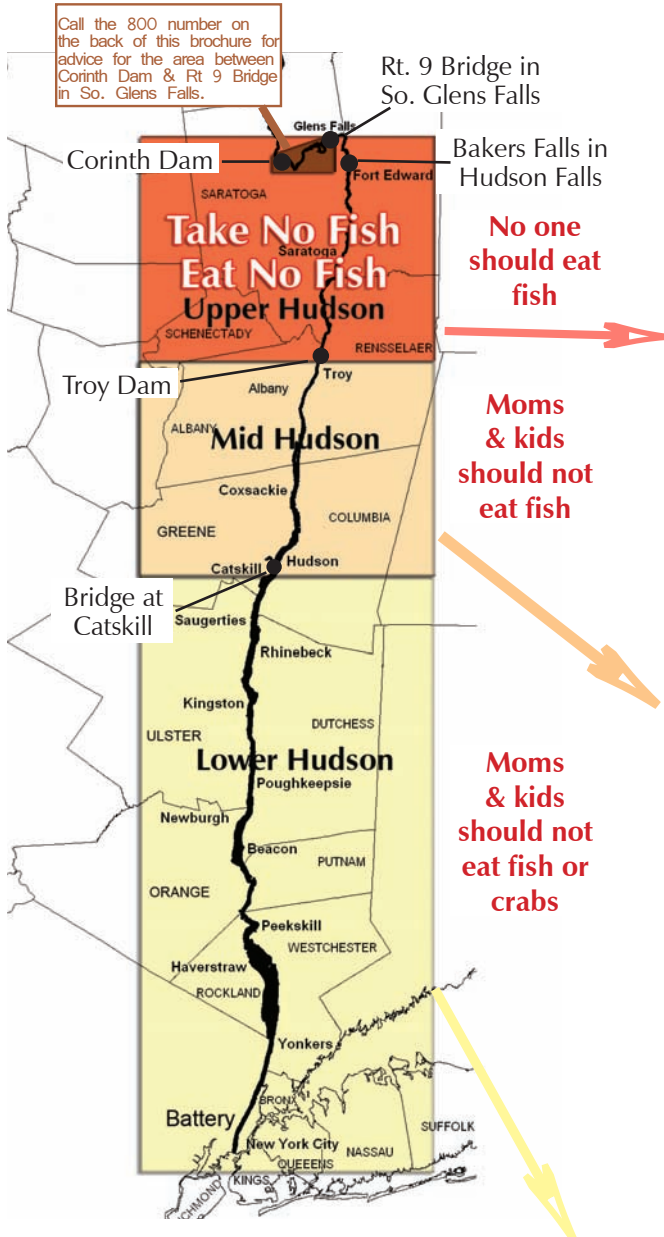
The NYSDOH Hudson River Fish Advisory Outreach Project has a goal that all anglers and others who eat fish from the Hudson south of Hudson Falls know about, understand and follow the advisories.

Would you like to be a partner in getting the word out?

We'd like your help. For more information call 1-800-458-1158 ext. 27530 or email HRFA@health.state.ny.us or visit <http://www.nyhealth.gov/hudsonriverfish>

NYSDOH Advice on Eating Hudson River Fish

Call the 800 number on the back of this brochure for advice for the area between Corinth Dam & Rt 9 Bridge in So. Glens Falls.



No one should eat white catfish, channel catfish, or American eel from south of the Dam at the Rt. 9 Bridge in So. Glens Falls



Upper Hudson

NYSDOH advises no one should eat fish from the Dam at Route 9 in South Glens Falls to the Troy Dam.

From Baker's Falls in Hudson Falls to the Troy Dam, New York's State Department of Environmental Conservation's "catch and release" regulations apply:

Take No Fish. Eat No Fish.

Mid Hudson

From Troy Dam to Catskill

Women beyond childbearing years and men can eat these fish species once a month:

	
Alewife	Rock bass
	
Blueback herring	Yellow perch

Do not eat other fish species from the mid Hudson.

Lower Hudson

From Catskill to the New York Battery

Women beyond childbearing years and men can eat these fish species once a month:

		
Atlantic needlefish	Goldfish	Striped bass
		
Bluefish	Largemouth bass	Walleye
		
Brown bullhead	Smallmouth bass	White perch
		
Carp	Rainbow smelt	

Exception: Blue crab up to six per week



All other fish species from the lower Hudson can be eaten once a week.