

FREE Fish Advisory Materials from the Center for Environmental Health

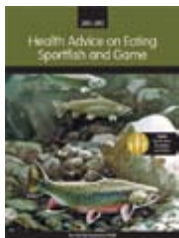
Fishing is fun and fish are an important part of a healthy diet. But some fish contain chemicals at levels that may be harmful to health. To help anglers choose which fish to keep for food, the State Health Department issues advice. Check it out at www.health.ny.gov/fish.

There is advice for New York State freshwaters and some marine waters too. Learn how you can reduce exposure to chemicals in sportfish (fish you catch).

You can access the advice by region, or alphabetically by waterbody. Read our recommendations for cleaning and trimming fish, and get details about how we set annual health advice.

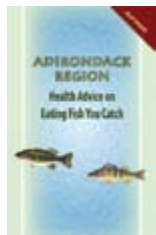
View or download publications at www.health.ny.gov/fish or use the order form on page 3.

Materials Available for Ordering



Health Advice on Eating Sportfish and Game

Comprehensive guide for all health advice on eating fish caught from New York State waters. Advice is organized by region and by waterbody for all fresh and marine waters with advisories. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15).



Adirondack Region: Health Advice on Eating Fish You Catch

This brochure provides health advice on eating fish caught from Adirondack Region waters. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all Adirondack waterbodies with health advisories.



Catskill Region: Health Advice on Eating Fish You Catch

This brochure provides health advice on eating fish caught from Catskill Region waters. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all Catskill waterbodies with health advisories.



New York City: Health Advice on Eating Fish You Catch

This brochure provides health advice on eating fish caught from New York City Area waters. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all New York City area fresh and marine waters with health advisories.



Downstate: Health Advice on Eating Fish You Catch, New York City Area, Rockland, Westchester and Long Island

This booklet provides health advice on eating fish caught from New York City Area, Rockland, Westchester Counties and Long Island waters. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all fresh and marine waters with health advisories



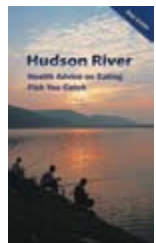
Western Region: Health Advice on Eating Fish You Catch

This brochure provides health advice on eating fish caught from waters in seven counties of western New York State. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all waters with health advisories.



Cut the Fat to Cut PCBs

This 4x4" refrigerator magnet shows how to reduce PCB consumption by skinning and trimming the fish before cooking.



Hudson River: Health Advice on Eating Fish You Catch

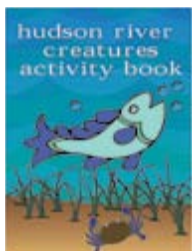
This brochure provides health advice on eating fish caught from the Hudson River. It provides advice for women over age 50 and men, and special advice for women of childbearing age (under age 50) and children (under age 15). It includes a map showing all areas of the Hudson River with health advisories.



Advice on Eating Hudson River Fish

Wallet-size angler advisory cards list which Hudson River fish men over 15 and women over 50 can eat, and which fish they should not eat. The advice about eating fish varies depending upon the location on the river.

- Federal Dam at Troy to Catskill Bridge at Catskill
- South of Catskill Bridge to New York City Battery



Hudson River Creatures Activity Book

A 20-page activity and coloring book for schools, health care waiting rooms and Hudson River community events.



Can You Eat That Fish From the Hudson?

An 11"x17" poster in English and Spanish for your community space.

For more information on eating fish caught in New York waters email the New York State Department of Health at btsa@health.state.ny.us; call 518-402-7800, or toll-free at 800-458-1158.

FREE Fish Advisory Materials from the Center for Environmental Health

Please fill out this form and circle quantities so that your request for materials can be processed. For different quantities than those listed, please contact the New York State Department of Health Center for Environmental Health by phone at 518-402-7530, (toll free, 800-458-1158) or by email at ceheduc@health.state.ny.us.

RETURN TO: New York State Department of Health
Center for Environmental Health
547 River Street, Room 316
Troy, New York 12180-2216
Fax: (518) 402-7539
Email: ceheduc@health.state.ny.us

DATE: _____

**NO POST OFFICE
BOXES PLEASE**

SHIP TO: Name: _____
Organization: _____
Shipping Address: _____

Check this box to
be added to our
mailing list

Phone number: () _____ email: _____

Title	Pub #	Language	Quantity		
Health Advice on Eating Sportfish and Game 2011-2012 (BOOKLET, 40 pp.)		English	1	10	20
Adirondack Region Health Advice on Eating Fish You Catch (BROCHURE)	2779	English	1	25	50
Catskill Region Health Advice on Eating Fish You Catch (BROCHURE)	2780	English	1	25	50
New York City Area Health Advice on Eating Fish You Catch (BROCHURE)	2784	English	1	25	100
	2785	Chinese	1	25	100
	2786	Spanish	1	25	100
Downstate Health Advice on Eating Sportfish New York City Area, Rockland and Westchester and Long Island, Including Marine Waters (BOOKLET, 8 pp.)	2796	English	1	50	100
	2797	Spanish	1	50	100
Western Region Health Advice on Eating Fish You Catch (BROCHURE)	2792	English	1	25	50
	2793	Spanish	1	25	50
Hudson River Health Advice on Eating Fish You Catch (BROCHURE)	2794	English	1	50	100
	2799	Spanish	1	50	100
Cut the Fat to Cut PCBs (REFRIGERATOR MAGNET)	2798	English	1	25	50
	2807	Spanish	1	25	50
Advice on Eating Hudson River Fish: Troy to Catskill (WALLET-SIZED ANGLER CARDS)	2791	English	1	25	50
Advice on Eating Hudson River Fish: Catskill to NYC (WALLET-SIZED ANGLER CARDS)	2790	English	1	25	50
Hudson River Creatures Activity Book (BOOKLET, 20 pp.)	2718	English	1	25	100
Can You Eat That Fish From the Hudson? (11X17" POSTER)	2719	English	1	5	10
	2735	Spanish	1	5	10