Catch the Latest Advice

health.ny.gov/fish

MAP INSIDE

ADIRONDACK REGION

Health Advice on Eating Fish You Catch

Many people enjoy fishing. The Adirondacks are rich with rivers, streams, lakes and ponds, and offer wonderful opportunities for fishing.

This brochure is for people who may eat the fish they catch from waters of the Adirondack region. Fish are nutritious and good to eat. However, some fish have levels of chemicals that might be harmful to your health or to members of your family.

KNOW THE 1-2-3 Advisories

The New York State Department of Health (DOH) issues advisories for eating sportfish. This brochure explains the three fish advisories for the Adirondack region:

❶ The statewide general advisory

❷ Advisories for women under 50 years old and for children under 15 years old.

❸ Waterbody-specific advisories for the Adirondack region.

Knowing these advisories can help you and your family make sportfish part of a healthy diet.

1 Statewide General Advisory

Eat up to four meals a month of fish taken from any lake, river, stream or pond (and some marine waters) unless there is stricter advice for these waters.

2 Advisories for Women and Children

For women under 50 and children under 15 years old

DOH offers special advice because mercury and other chemicals in fish may have a greater effect on babies and young children. Some chemicals also build up in a woman's body and can be passed on to her baby.

Methylmercury, the form of mercury that builds up in fish, can cause effects on the nervous system. Exposure to methylmercury is more of a concern for children and unborn babies because their nervous systems are still developing. Some research on people who eat large amounts of fish finds that methylmercury might affect children's memory, attention and language development.

ADIRONDACK REGIONAL ADVICE

Women under 50 and children under 15 years old should follow this advice about eating fish in the Adirondack Region:

- **Don't eat ANY fish from the waters listed on the Waterbody-Specific Advisories map** inside this brochure
- **Don't eat ANY of the fish (below) from the Adirondack Region and nearby waters** because they have higher levels of mercury.

Largemouth bass

Northern pike

Pickerel

Smallmouth bass

Walleye

Yellow perch over 10 inches

- **Eat up to four meals a month** of other fish with lower mercury levels, such as bullhead, sunfish/bluegill, rock bass, crappie, yellow perch under 10", brook trout, brown trout and rainbow trout, if they are not from waters listed on the Waterbody-Specific Advisories map inside this brochure.

3 Waterbody-Specific Advisories

Depending on where you fish in the Adirondack Region, there is advice for everyone (see map inside for details).

COMMON FISH OF THE ADIRONDACKS

Bluegill

Brook trout

Brown trout

Bullhead

Crappie

Lake trout

Largemouth bass

Northern pike

Pickerel

Rainbow trout

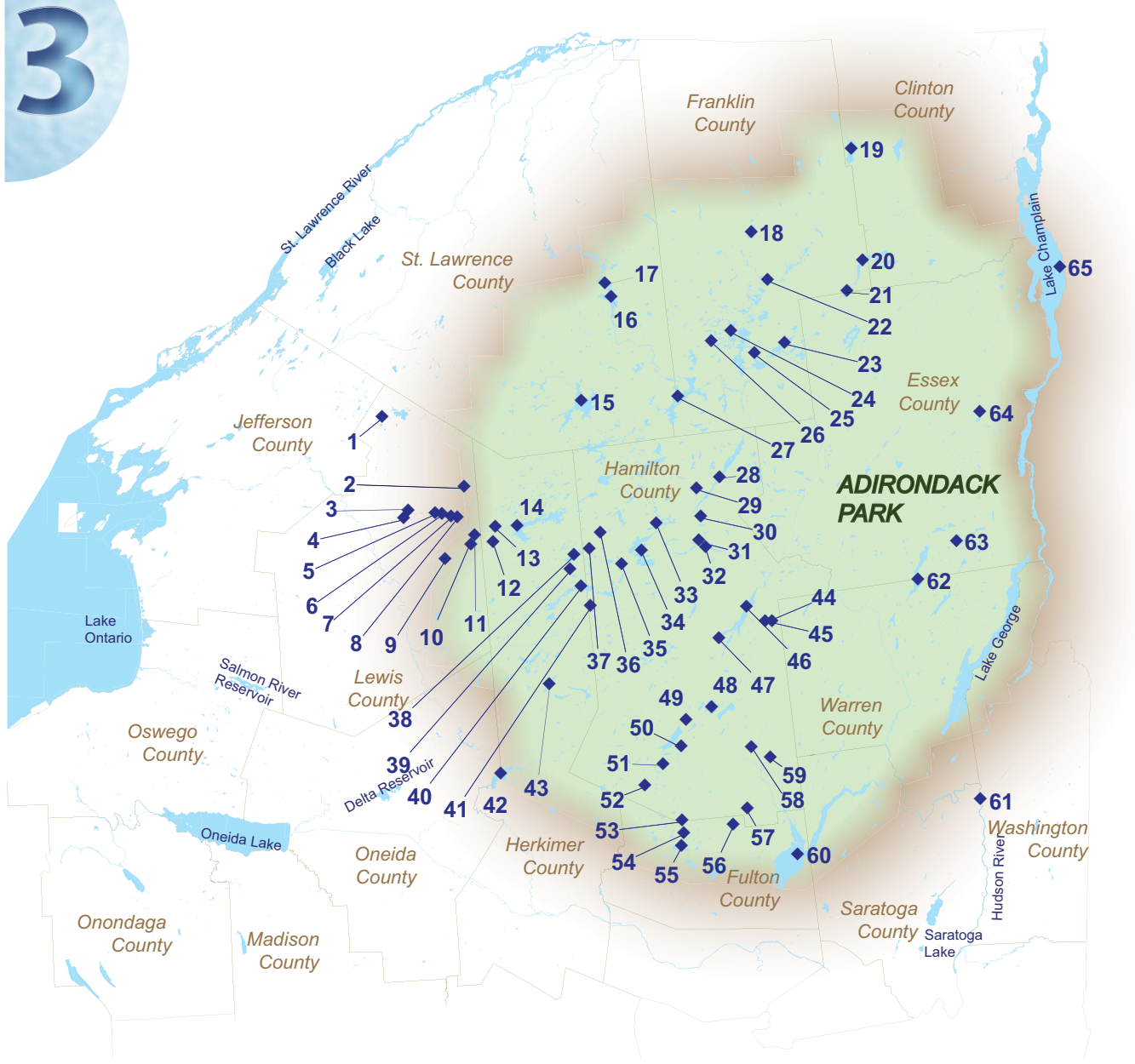
Rock bass

Smallmouth bass

Walleye

Yellow perch

Waterbody-Specific Advisories for the Adirondack Region



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Chase Lake	56
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Effley Falls Pond	6
Elmer Falls Pond	5
Fall Lake	49
Ferris Lake	52
Forked Lake	33
Fourth Lake of Fulton Chain	40
Francis Lake	10
Franklin Falls Flow/Pond	21
Great Sacandaga Lake	60
Halfmoon Lake	9
High Falls Pond	3
Hinckley Reservoir	42
Hudson River	61
Indian Lake (Fort Drum)	1
Indian Lake (Indian Lake)	46
Kings Flow	45
Lake Algonquin	58
Lake Champlain	65
Lake Durant	32
Lake Eaton	29
Lewey Lake	47
Limekiln Lake	41
Lincoln Pond	64
Long Lake	28
Long Pond	2
Lower Saranac Lake	23
Lower Sister Lake	36
Meacham Lake	18
Middle (East) Stoner Lake	53
Moshier Reservoir	13
North Lake	43
Osgood Pond	22
Pine Lake	54
Polliwog Pond	24
Raquette Lake	34
Rock Pond	32
Rollins Pond	26
Round Pond	44
Russian Lake	37
Sacandaga Lake	48
Sand Lake	51
Schroon Lake	62
Soft Maple Dam Pond	7
Soft Maple Reservoir	8
South Pond	30
Spy Lake	50
Stark Falls Reservoir	17
Stillwater Reservoir	14
Sunday Lake	12
Tupper Lake	27
Union Falls Flow/Pond	20
Upper Chateaugay Lake	19
Upper Sister Lake	36
Weller Pond	25
Willis Lake	59
Woods Lake	57

Advice for waters outside the Adirondack Region is not shown. Please check www.health.ny.gov/fish to see the latest advice for all waters.

Women under 50 years and children under 15 years:

DON'T EAT ANY FISH from the waters listed below. For waters not listed, see Advisories for Women and Children on the other side of this brochure.

Men over 15 and Women over 50: Follow the advice listed below. For fish and waters not listed, eat up to four fish meals a month.

1. Indian Lake (Town of Diana/Fort Drum, Lewis) - UP TO ONE MEAL A MONTH all fish

2. Long Pond (Town of Croghan, Lewis) - DON'T EAT splake over 12"

3. High Falls Pond - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

4. Beaver River (between High Falls Dam & Croghan Dam) - UP TO ONE MEAL A MONTH of smallmouth bass

5. Elmer Falls Pond - UP TO ONE MEAL A MONTH of smallmouth bass

6. Effley Falls Pond - UP TO ONE MEAL A MONTH of chain pickerel and smallmouth bass

7. Soft Maple Dam Pond - UP TO ONE MEAL A MONTH of rock bass and smallmouth bass

8. Soft Maple Reservoir - UP TO ONE MEAL A MONTH of rock bass and smallmouth bass

9. Halfmoon Lake - UP TO ONE MEAL A MONTH of yellow perch

10. Francis Lake - UP TO ONE MEAL A MONTH of chain pickerel over 20"

11. Beaver Lake - UP TO ONE MEAL A MONTH of chain pickerel

12. Sunday Lake - DON'T EAT chain pickerel and EAT UP TO ONE MEAL A MONTH of yellow perch over 10"

13. Moshier Reservoir - UP TO ONE MEAL A MONTH of smallmouth bass and yellow perch

14. Stillwater Reservoir - UP TO ONE MEAL A MONTH of yellow perch over 9", smallmouth bass and splake

15. Cranberry Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15" and largemouth bass over 15"

16. Carry Falls Reservoir - UP TO ONE MEAL A MONTH of walleye

17. Stark Falls Reservoir - DON'T EAT northern pike over 26"

18. Meacham Lake - DON'T EAT yellow perch over 12" and smallmouth bass; and EAT UP TO ONE MEAL A MONTH of northern pike and smaller yellow perch

19. Upper Chateaugay Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

20. Union Falls Flow/Pond - UP TO ONE MEAL A MONTH of northern pike, smallmouth bass and walleye

21. Franklin Falls Flow/Pond - DON'T EAT walleye

22. Osgood Pond - UP TO ONE MEAL A MONTH of smallmouth bass

23. Lower Saranac Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

24. Polliwog Pond - UP TO ONE MEAL A MONTH of smallmouth bass

25. Weller Pond - UP TO ONE MEAL A MONTH of northern pike

26. Rollins Pond - UP TO ONE MEAL A MONTH of smallmouth bass

27. Tupper Lake - UP TO ONE MEAL A MONTH of smallmouth bass and walleye

28. Long Lake (Town of Long Lake, Hamilton) - UP TO ONE MEAL A MONTH of northern pike

29. Lake Eaton - UP TO ONE MEAL A MONTH of yellow perch over 10" and smallmouth bass

30. South Pond (Town of Long Lake, Hamilton) - UP TO ONE MEAL A MONTH of yellow perch over 10"

31. Blue Mountain Lake - UP TO ONE MEAL A MONTH of largemouth bass over 15" and smallmouth bass over 15"

32. Lake Durant and **Rock Pond** (Town of Indian Lake, Hamilton) - UP TO ONE MEAL A MONTH of largemouth bass over 15"

33. Forked Lake - UP TO ONE MEAL A MONTH of lake trout, largemouth and smallmouth bass

34. Raquette Lake - UP TO ONE MEAL A MONTH of largemouth bass and lake trout

35. Brown Tract Ponds (Upper and Lower) - UP TO ONE MEAL A MONTH of smallmouth over 15" and largemouth bass over 15"

36. Lower and Upper Sister Lakes - DON'T EAT yellow perch over 10"

37. Russian Lake - UP TO ONE MEAL A MONTH of yellow perch over 9"

38. Big Moose Lake - UP TO ONE MEAL A MONTH of yellow perch over 10" and lake trout

39. Dart Lake - UP TO ONE MEAL A MONTH of yellow perch over 10"

40. Fourth Lake of Fulton Chain - DON'T EAT lake trout

41. Limekiln Lake - UP TO ONE MEAL A MONTH of yellow perch over 10"

42. Hinckley Reservoir - UP TO ONE MEAL A MONTH of chain pickerel and smallmouth bass

43. North Lake (Town of Ohio, Herkimer) - UP TO ONE MEAL A MONTH of yellow perch

44. Round Pond (Town of Long Lake, Hamilton) - UP TO ONE MEAL A MONTH of yellow perch over 12"

45. Kings Flow - UP TO ONE MEAL A MONTH of largemouth bass over 15"

46. Indian Lake (Towns of Indian Lake and Lake Pleasant, Hamilton) - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

47. Lewey Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

48. Sacandaga Lake - UP TO ONE MEAL A MONTH of smallmouth bass

49. Fall Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15" and rock bass

50. Spy Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

51. Sand Lake (Town of Arietta, Hamilton) - UP TO ONE MEAL A MONTH of chain pickerel

52. Ferris Lake - UP TO ONE MEAL A MONTH of yellow perch over 10"

53. East/Middle Stoner Lake- UP TO ONE MEAL A MONTH of smallmouth bass over 15"

54. Pine Lake - UP TO ONE MEAL A MONTH of largemouth bass

55. Canada Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15" and chain pickerel

56. Chase Lake - UP TO ONE MEAL A MONTH of yellow perch over 9"

57. Woods Lake - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

58. Lake Algonquin - UP TO ONE MEAL A MONTH of chain pickerel over 20"

59. Willis Lake - UP TO ONE MEAL A MONTH of smallmouth bass

60. Great Sacandaga Lake - UP TO ONE MEAL A MONTH of smallmouth bass and walleye

61. Hudson River (Palmer Falls Dam at Corinth to South Glens Falls Dam at Route 9 Bridge) - UP TO ONE MEAL A MONTH of smallmouth bass over 14" and carp

62. Schroon Lake - UP TO ONE MEAL A MONTH of lake trout over 27", yellow perch over 13" and smallmouth bass over 15"

63. Crane Pond - UP TO ONE MEAL A MONTH of smallmouth bass over 15"

64. Lincoln Pond - UP TO ONE MEAL A MONTH of largemouth bass over 15"

65. Lake Champlain -

- **Entire Lake** - UP TO ONE MEAL A MONTH of lake trout over 25" and walleye over 19"
- **Bay within Cumberland Head to Crab Island** - Above advice plus UP TO ONE MEAL A MONTH of American eel

REMEMBER THE 1-2-3 Advisories

There are three kinds of advice about eating fish caught in the Adirondack Region:

Statewide general advice about eating up to four meals a month.

Advice for women and children about not eating certain fish from the Adirondack Region.

Waterbody-specific advice about eating fish from listed waters.

Fish from Stores and Restaurants

The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, FDA advises pregnant women, women who may become pregnant, nursing mothers and young children to avoid shark, swordfish, king mackerel and tilefish.

Food and Drug Administration: (888) SAFEFOOD, (888) 723-3366

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
email BTSA@health.ny.gov

Other Fish Information

Environmental Protection Agency
www.epa.gov/ost/fish

Food and Drug Administration
www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

New York State Fishing

Department of Environmental Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 5

(Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren and Washington counties)

Raybrook Headquarters
(518) 897-1291
fwfish5@dec.ny.gov

Warrensburg Office
(518) 897-1290

DEC Region 6

(Herkimer, Jefferson, Lewis, Oneida and St. Lawrence counties)

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