

Catch the Latest Advice

health.ny.gov/fish

**MAP
INSIDE**

CATSKILL REGION

Health Advice on Eating Fish You Catch



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.



CATSKILL REGIONAL ADVICE

Women under 50 and children under 15 years old should follow this advice about eating fish in the Catskill 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 Catskill 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, 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 Catskill Region, there is advice for everyone (see map inside for details).

KNOW THE

1-2-3

Advisories

Many people enjoy fishing. The Catskills 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 Catskill 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.

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

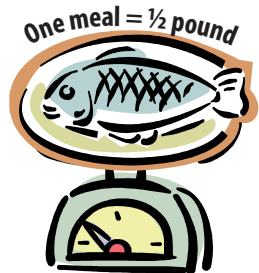
- ❶ The statewide general advisory
- ❷ Advisories for women under 50 years old and children under 15 years old.
- ❸ Waterbody-specific advisories for the Catskill Region.

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.



COMMON FISH OF THE CATSKILLS



Bluegill



Brook trout



Brown trout



Bullhead



Crappie



Largemouth bass



Pickerel



Rainbow trout



Rock bass



Smallmouth bass



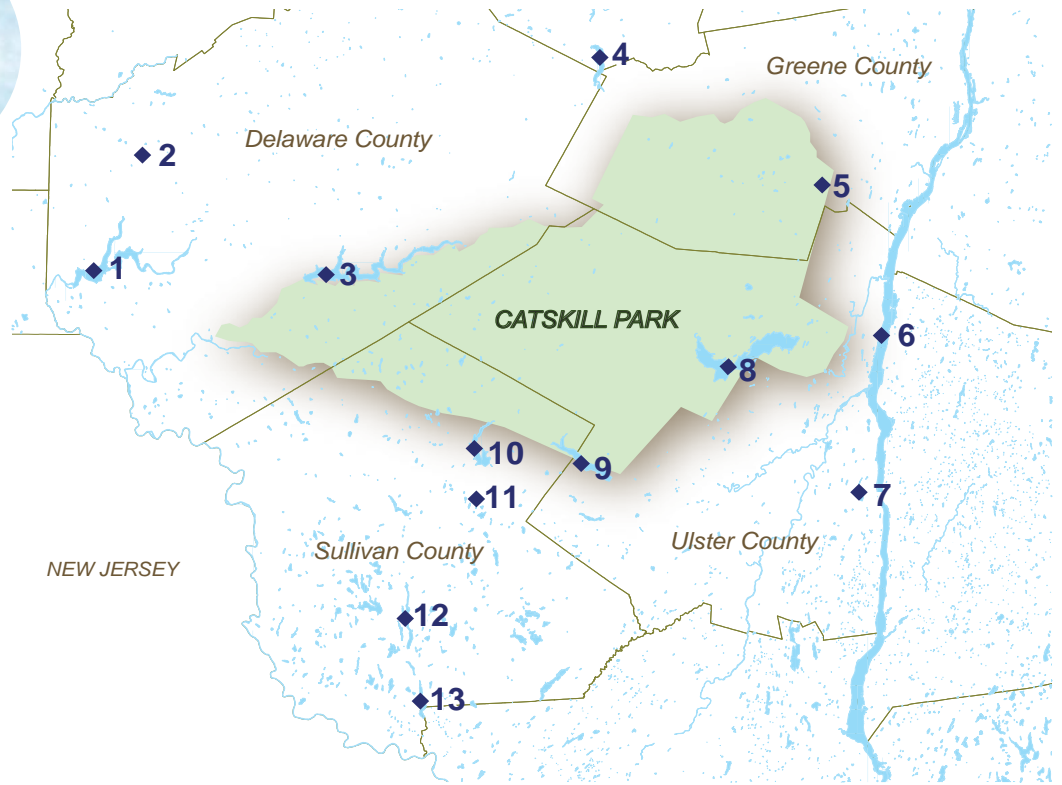
Walleye



Yellow perch

3

Waterbody-Specific Advisories for the Catskill Region



Advice for waters outside the Catskill 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. Cannonsville Reservoir (Delaware)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15" and yellow perch
- 2. Herrick Hollow Creek (Delaware)** - EAT UP TO ONE MEAL A MONTH of brook trout
- 3. Pepacton Reservoir (Delaware)** - EAT UP TO ONE MEAL A MONTH of brown trout over 24", smallmouth bass over 15" and yellow perch
- 4. Schoharie Reservoir (Delaware, Greene & Schoharie)** - DON'T EAT smallmouth bass over 15" and walleye over 18" and EAT UP TO ONE MEAL A MONTH of smaller smallmouth bass and walleye
- 5. North-South Lake (Greene)** - EAT UP TO ONE MEAL A MONTH of largemouth bass over 15"
- 6. Hudson River (Troy Dam south to bridge at Catskill)** - EAT UP TO ONE MEAL A MONTH of alewife, blueback herring, rock bass, yellow perch and DON'T EAT other fish
 - **South of Catskill** - DON'T EAT channel catfish, gizzard shad, white catfish, crab hepatopancreas and crab cooking liquid and EAT UP TO ONE MEAL A MONTH of Atlantic needlefish, bluefish, brown bullhead, carp, goldfish, largemouth bass, rainbow smelt, smallmouth bass, striped bass, walleye, white perch
- 7. Chodikee Lake (Ulster)** - EAT UP TO ONE MEAL A MONTH of largemouth bass over 15"
- 8. Ashokan Reservoir (Ulster)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16" and walleye
- 9. Rondout Reservoir (Sullivan & Ulster)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16"
- 10. Neversink Reservoir (Sullivan)** - EAT UP TO ONE MEAL A MONTH of brown trout over 24" and smallmouth bass
- 11. Loch Sheldrake (Sullivan)** - EAT UP TO ONE MEAL A MONTH of walleye
- 12. Swinging Bridge Reservoir (Sullivan)** - EAT UP TO ONE MEAL A MONTH of walleye
- 13. Rio Reservoir (Sullivan & Orange)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15"

REMEMBER THE 1-2-3 Advisories

There are three kinds of advice about eating fish caught in the Catskill region:

Statewide general advice that applies to everyone about eating up to four meals a month of fish

Advice for women and children about not eating certain fish from the Catskill Park and nearby waters

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.state.ny.us

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 4

(Green, Columbia, Delaware, Otsego, Montgomery, Schenectady, Albany, Rensselaer counties)

65561 State Highway 10 Ste. 1
Stamford, NY 12167-9503
(607) 652-7366
fwwish4@gw.dec.state.ny.us

DEC Region 3

(Ulster, Sullivan Dutchess, Orange, Putnam, Westchester and Rockland counties)

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New Paltz NY 12561
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fwwish3@gw.dec.state.ny.us

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