

# ADIRONDACK REGION

## Health Advice on Eating Fish You Catch

Catch the Latest Advice

[health.ny.gov/fish](http://health.ny.gov/fish)

**MAPS  
INSIDE**



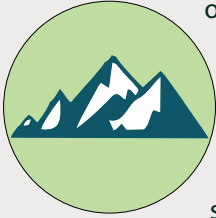
Including Essex, Fulton, Hamilton, Lewis, Warren and parts of Clinton, Franklin, Herkimer, Saratoga, St. Lawrence, and Washington counties

## Why We Have Advice

Fishing is fun, and fish are an important part of a healthy diet. Fish contain high-quality protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on:

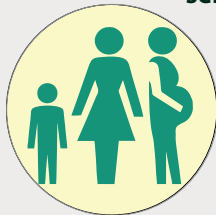
## Where You Fish

The Adirondacks are rich with rivers, streams, lakes, and ponds, and offer wonderful opportunities for fishing. **However, many fish in the Adirondack Region have been affected by a chemical called mercury.** Because of this, NYS DOH issues regional advice (page 4) for **all waters** in the Adirondack Region to help anglers make better choices about which fish to eat and which fish to release. Some waters, listed on pages 7-9, have specific advice to not eat certain species because of elevated mercury levels.



## Who You Are

**People who can bear children (under 50) and children under 15 (the sensitive population) are advised to limit the kinds of fish they eat and how often they eat them.** People who eat

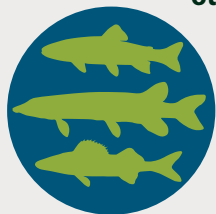


highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on the development of young children or unborn babies. Also, some chemicals may be passed on in mother's milk.

Those beyond their childbearing years and those who do not bear children (the general population) may face fewer health risks from some chemicals. For that reason, the advice for the general population allows them to eat more kinds of sportfish and more often (see advice tables).

## What You Catch

**Some fish in the Adirondack Region have higher levels of mercury than others.** In general, fish lower in the food chain (like sunfish, smaller perch, and trout) tend to have less mercury. Smaller fish within a species may also be less contaminated than larger, older fish. Choose to eat fish from the "best choice fish" category on page 4 to get the benefits of eating fish while reducing your exposure to mercury.



## Chemicals in the Adirondack Region

The primary chemical of concern in the Adirondack Region is mercury. Mercury occurs naturally, but it is also released into our environment from sources like coal combustion. Testing of fish in the Adirondack and Catskill Regions and in some NYS reservoirs has shown certain species of fish have higher levels of mercury than in other parts of the state.

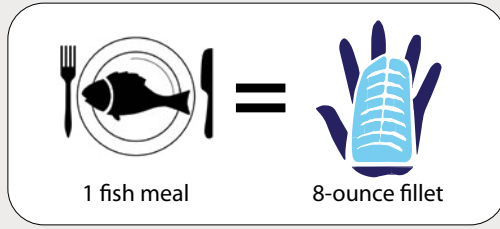
## Health Risks

Fish can have chemical levels thousands of times more than the surrounding water. These chemicals build up in your body over time. Health problems that may result from chemicals in fish range from small changes in health that are hard to detect to birth defects and cancer. (Visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish) for more info.)

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 has found that methylmercury might affect children's memory, attention, and language development. To find out more about effects of mercury on adults, visit: [www.health.ny.gov/environmental/chemicals/mercury/docs/exposure\\_levels.htm](http://www.health.ny.gov/environmental/chemicals/mercury/docs/exposure_levels.htm).

## Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the sensitive population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.




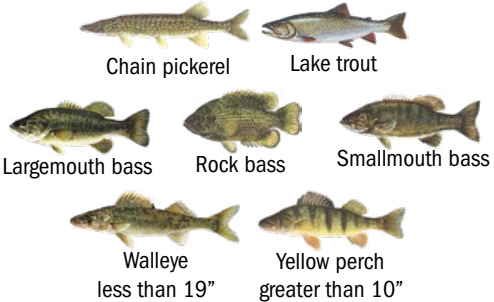



## Tips to Avoid Mercury

- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.
- To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye, and larger yellow perch because these fish tend to have higher mercury levels.
- Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. Trimming and skinning will not reduce the amount of mercury in a fish meal.

## Adirondack Regional Advisory

NYS DOH has issued regional advice for **all waters** within the Adirondack Region because the fish have been more affected by methylmercury. Everyone should follow the advice below when fishing from Adirondack waters. Check for additional specific advisories for certain waterbodies on pages 7-9.

 General Population		 Sensitive Population
<b>4</b> meals a month	<div style="border: 2px solid green; padding: 5px; text-align: center;"> <p><b>*Best Choice Fish*</b></p>  <p>And all other fish</p> </div>	<b>1</b> meal a month
<b>1</b> meal a month	<p style="text-align: center;"><b>Eat Less</b></p> 	<b>0</b> DON'T EAT
<b>0</b> DON'T EAT	 <p style="text-align: center;">Walleye greater than 19"</p>	<b>0</b> DON'T EAT

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.



# Adirondack Region Fish Advisories



## Waters Where Adirondack Regional Advisory Applies

(follow advice on page 4)

These waters are examples of where the Adirondack Regional Advice applies.





- |                       |                      |
|-----------------------|----------------------|
| Blue Mountain Lake    | Long Lake            |
| Cranberry Lake        | Paradox Lake         |
| Forked Lake           | Piseco Lake          |
| Fulton Chain of Lakes | Raquette Lake        |
| Great Sacandaga Lake  | Round Lake           |
| Indian Lake           | Saranac Lakes        |
| Lake George           | Schroon Lake         |
| Lake Placid           | Stillwater Reservoir |
| Little Tupper Lake    | Woodhull Lake        |





◆ Waters with specific advisories (advice can be found on pages 7-9)

### What about tributaries and connected waters?

The specific advice in the online county maps and the inside tables applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish when they move from one waterbody to another.





If you are not sure about possible fish barriers near waters where you are fishing, call your DEC office listed on the back of this brochure. If you have questions about fish advisories for your favorite waterbody, call the fish advisory team at (518) 402-7800. Visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish) for the latest advice about eating your catch for all regions in the state.

 Locations & Tributaries	 Fish	 General Population	 Sensitive Population
<b>All other Adirondack Region waters NOT listed</b>	All fish	Follow Adirondack Regional Advisory (pg 4)	
<b>Bubb Lake</b>	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Effley Falls Pond</b>	Chain pickerel	Greater than 20", DON'T EAT; Less than 20", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Fall Lake</b>	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT
	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Ferris Lake</b>	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Franklin Falls Pond</b>	Walleye	DON'T EAT	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Hudson River, Corinth Dam (Palmer Falls Dam) to South Glens Falls at Route 9 Bridge</b>	Carp, Channel catfish	DON'T EAT	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Hudson River, upstream from Corinth Dam (Palmer Falls Dam)</b>	All fish	Follow Adirondack Regional Advice	
<b>Lake Champlain, whole lake excluding area listed below</b>	All fish	Follow Adirondack Regional Advice	
<b>Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch</b>	American eel, Yellow perch	DON'T EAT	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	

 Locations & Tributaries	 Fish	 General Population	 Sensitive Population
<b>Lake Flower</b>	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Lewey Lake</b>	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Lower Chateaugay Lake</b>	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Meacham Lake</b>	Smallmouth bass, Yellow perch	DON'T EAT	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
	All other fish	Follow Adirondack Regional Advice	
<b>Moshier Reservoir</b>	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>North Lake, Town of Ohio</b>	Yellow perch	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
<b>Oseetah Lake</b>	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Rainbow Falls Reservoir</b>	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
<b>Salmon River, downstream of Davis Lake Dam to Lake Champlain</b>	Same advice as Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch		

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 Locations & Tributaries	 Fish	 General Population	 Sensitive Population
Sagamore Lake	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month
	All other fish	Follow Adirondack Regional Advice	
Soft Maple Reservoir	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
Stark Falls Reservoir	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
Stoner Lakes	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
Sunday Lake	Chain pickerel	DON'T EAT	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	
Tupper Lake	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT
	All other fish	Follow Adirondack Regional Advice	

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## COMMON FISH OF THE ADIRONDACKS



Black crappie



Bluegill sunfish



Brook trout



Brown bullhead



Brown trout



Chain pickerel



Freshwater drum



Lake trout



Largemouth bass



Muskellunge



Northern pike



Pumpkinseed sunfish



Rainbow trout



Redbreast sunfish



Rock bass



Smallmouth bass



Tiger muskellunge



Walleye



White perch



White sucker



Yellow perch

## 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, the FDA and the US Environmental Protection Agency (EPA) advise pregnant women, women who may become pregnant, nursing mothers, and young children to avoid eating shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) or [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice) for more information.

## More Information

### New York State Fish Advisories

#### Department of Health

[www.health.ny.gov/fish](http://www.health.ny.gov/fish)

[www.health.ny.gov/fish/maps.htm](http://www.health.ny.gov/fish/maps.htm)

(518) 402-7800

(800) 458-1158

[BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

### DEC Region 6

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

#### Watertown Office

(315) 785-2263

[fwfish6@dec.ny.gov](mailto:fwfish6@dec.ny.gov)

### New York State Fishing

#### Department of Environmental Conservation (DEC)

[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

### DEC Region 5

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

#### Raybrook Office

(518) 897-1333

[fwfish5@dec.ny.gov](mailto:fwfish5@dec.ny.gov)

#### Warrensburg Sub-Office

(518) 623-1200

The DEC fishing website has a wealth of resources to help you find publicly accessible fishing sites, boat launches, and license information. It also includes information on what types of fish are found in different waterbodies across New York.

Cover photo courtesy of Brian Walencik (@trouttornado).