ADIRONDACK REGION

Health Advice on
Eating Fish You Catch

MAP INSIDE
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.

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.

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:

1. The statewide general advisory
2. Advisories for women under 50 years old and for children under 15 years old.
3. Waterbody-specific advisories for the Adirondack region.

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

One meal = ½ pound
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.

• 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.

Waterbody-Specific Advisories

Depending on where you fish in the Adirondack Region, there is advice for everyone (see map inside for details).
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. Because chemicals remain in fish even if they move from one waterbody to another, the advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. 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.

**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 of chain pickerel and smallmouth bass

2. **Long Pond** (Town of Cranston, Lewis)  
   - DON'T EAT lake trout over 9"

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

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

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

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

7. **Soft Maple Dam Pond** - UP TO ONE MEAL OF Rock bass and smallmouth bass

8. **Soft Maple Reservoir** - UP TO ONE MEAL A MONTH OF Rock bass and smallmouth bass

9. **Hoffman Lake** - UP TO ONE MEAL A MONTH OF yellow perch

10. **Francis Lake** - UP TO ONE MEAL A MONTH of chain pickerel

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. **Asheler Reservoir** - UP TO ONE MEAL A MONTH OF smallmouth bass and yellow perch

14. **Stilwater Reservoir** - UP TO ONE MEAL A MONTH OF yellow perch over 9", smallmouth bass and lake trout

15. **Crabtree Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass over 15" and largemouth bass over 15"

16. **Carr Falls Reservoir** - UP TO ONE MEAL A MONTH OF walleye

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

18. **Measam 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 Chatsaugnay 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. **Dossip Pond** - UP TO ONE MEAL A MONTH OF smallmouth bass

23. **Lower Saranac Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass

24. **Polling Pond** - UP TO ONE MEAL A MONTH OF northern pike

25. **Mellen Pond** - UP TO ONE MEAL A MONTH OF northern pike

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

27. **Topper 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 yellow perch

29. **Lake Eaton** - UP TO ONE MEAL A MONTH OF yellow perch over 15" 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 and lake trout

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 Trout Ponds** (Upper and Lower)  
   - UP TO ONE MEAL A MONTH OF largemouth bass and lake trout

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 9"

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

41. **Limekiln Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass

42. **Hindley 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** (Town 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. **Sacadonga 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 Anletta, 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. **Chaso Lake** - UP TO ONE MEAL A MONTH OF yellow perch over 9"

57. **Woods Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass

58. **Great Sacandaga Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass and walleye

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

60. **Lake Apgar/Genesee** - UP TO ONE MEAL A MONTH OF smallmouth bass and walleye

61. **Sungold Lake** (Cranston Dam) (Town of Cranesville, Lewis)  
   - UP TO ONE MEAL A MONTH OF yellow perch over 10", and smallmouth bass over 15"

62. **Elmer Falls Pond** - UP TO ONE MEAL A MONTH OF yellow perch over 15", and smallmouth bass over 15"

63. **Cranetop Pond** - UP TO ONE MEAL A MONTH OF smallmouth bass over 15"

64. **Lincoln Pond** - UP TO ONE MEAL A MONTH OF largemouth bass

65. **Lake Champlain**  
   - Entire Lake  
   - DON'T EAT chain pickerel over 22", yellow perch over 15", and smallmouth bass over 15"

66. **Ferris Lake** - UP TO ONE MEAL A MONTH OF smallmouth bass over 15"

67. **Bay within Cumberland Head to Crab Island**  
   - Above advice plus UP TO ONE MEAL A MONTH OF chain pickerel

**REMIND 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, 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 or www.epa.gov/fishadvice for more information.

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

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 Office
(518) 897-1333
fwfish5@dec.ny.gov
Warrensburg Sub-Office
(518) 623-1200

DEC Region 6
(Herkimer, Jefferson, Lewis, Oneida, and St. Lawrence counties)
Watertown Office
(315) 785-2263
fwfish6@dec.ny.gov