Catskill Region
Health Advice on Eating Fish You Catch
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:

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

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

**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.
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](image1)

![Northern pike](image2)

![Pickerel](image3)

![Smallmouth bass](image4)

![Walleye](image5)

![Yellow perch over 10 inches](image6)

- **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 Catskill Region, there is advice for everyone (see map inside for details).
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. Susquehanna River (Broome, Chenango, Delaware, Tioga & Otsego) - EAT UP TO ONE MEAL A MONTH of walleye over 22".
2. Herrick Hollow Creek (Delaware) - EAT UP TO ONE MEAL A MONTH of brook trout.
3. Cannonsville Reservoir (Delaware) - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15" and yellow perch.
4. Pepacton Reservoir (Delaware) - EAT UP TO ONE MEAL A MONTH of brown trout over 24" and smallmouth bass over 15”.
5. 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 walleye under 18”.
6. North-South Lake (Greene) - EAT UP TO ONE MEAL A MONTH of largemouth bass over 15”.
7. Hudson River
   - Federal Dam at Troy to Rip Van Winkle Bridge at Catskill - EAT UP TO ONE MEAL A MONTH of alewife, blueback herring, rock bass, yellow perch and DON’T EAT other fish (including striped bass and walleye).
   - Hudson River, South of Rip Van Winkle Bridge at Catskill to NYC Battery - DON’T EAT channel catfish, gizzard shad, walleye, white catfish, crab (tomalley ("green stuff")) and crab cooking liquid EAT UP TO ONE MEAL A MONTH of Atlantic needlefish, bluefish, brown bullhead, carp, goldfish, largemouth bass, rainbow smelt, smallmouth bass, striped bass, and white perch, and EAT UP TO 6 blue crabs/week.

8. Chodikee Lake (Ulster) - EAT UP TO ONE MEAL A MONTH of largemouth bass over 15”.
9. Ashokan Reservoir (Ulster) - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16” and walleye.
10. Rondout Reservoir (Sullivan & Ulster) - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16”.
11. Neversink Reservoir (Sullivan) - EAT UP TO ONE MEAL A MONTH of brown trout over 24” and smallmouth bass.
12. Loch Sheldrake (Sullivan) - EAT UP TO ONE MEAL A MONTH of walleye.
13. Swinging Bridge Reservoir (Sullivan) - EAT UP TO ONE MEAL A MONTH of walleye.
14. Rio Reservoir (Sullivan & Orange) - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15”.

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.

1. Delaware
2. Catskill Park
3. Catskill Park
4. Catskill Park
5. Catskill Park
6. Catskill Park
7. Catskill Park
8. Catskill Park
9. Catskill Park
10. Catskill Park
11. Catskill Park
12. Catskill Park
13. Catskill Park
14. Catskill Park

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.

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.

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.

REMEMBER THE 1-2-3 Advisories
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
BTSA@health.ny.gov

Fishing in NYC Reservoirs
NYC Department of Environmental Protection (NYC DEP)
1-800-575-LAND (5263)
recreation@dep.nyc.gov

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

DEC Region 3
(Sullivan and Ulster counties)
New Paltz Office
(845) 256-3161
fwfish3@dec.ny.gov

DEC Region 4
(Delaware, Greene, and Schoharie counties)
Stamford Sub-Office
(607) 652-7366
fwfish4@dec.ny.gov