

# Health Advice on Eating Sportfish and Game



**Inside:**  
*Special advice for women and children*

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# Background: Health Advice on Eating Sportfish and Game

## Why We Have Advisories

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 to eat, the New York State Department of Health (NYS DOH) issues advice about eating sportfish (fish you catch). People can get the health benefits of fish and reduce their exposures to chemicals, or contaminants, by following the NYS DOH advice. The advisories tell people which fish to avoid and how to reduce their exposures to contaminants in the fish they do eat.

Fish from fresh waters are more likely to be contaminated than fish from remote marine waters because many fresh waters are close to human activities and contamination sources. Anglers (and others who eat fish caught by friends and family) often eat fish from a limited set of waters because they tend to return to favorite fishing locations. When those fishing locations contain fish with higher contaminant levels, the people who eat them will have higher contaminant exposures.

NYS DOH also issues advice about game, such as snapping turtles and wild waterfowl. Game may also contain chemicals at levels of concern. Advice about game starts on page 40.

## Fish from Stores and Restaurants

The U.S. 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. As part of a healthy diet, FDA recommends that women who may become pregnant and nursing mothers eat up to 12 ounces per week of a variety of other kinds of fish and follow the same recommendations when feeding fish and shellfish to their young children, but serve smaller portions.

Unlike anglers, people who get their fish from the market or restaurants are likely to eat fish from a variety of sources and locations. Also, for most contaminants, commercial fish have concentrations generally lower than are found in many New York State sportfish.

The full FDA advisory, including answers to frequently asked questions about mercury in fish and shellfish, can be found at [www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm). For further information about the risks of mercury in fish and shellfish call the FDA at (888) 723-3366.

## Health Risks from Contaminants in Fish and Game

The primary contaminants of concern in New York State fish are mercury and PCBs. Other contaminants such as cadmium, chlordane, DDT, dieldrin, dioxin and mirex are also concerns in fish from some of the State's waterbodies. These chemicals build up in your body over time. Health problems that may result from these contaminants range from small changes in health that are hard to detect to birth defects and cancer. Women who eat highly contaminated fish and become pregnant may have increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on developing organs in young children or in unborn babies. Some chemicals may be passed on in mother's milk. Women beyond their childbearing years and men face fewer health risks from contaminants than do children (see page 37 for more information on chemicals in sportfish and game).

## Types of Advisories

New York is a water-rich state: 2.6 million acres of water on Lakes Erie, Ontario, and Champlain; approximately 0.75 million acres on more than 4,000 smaller lakes; 70,000 miles of streams and rivers in 15 major watersheds; 150 tidal miles of the Hudson River estuary; and 1.1 million acres of marine waters extending three miles from shore. Many species of fish are sought by anglers in these waters. To help anglers choose which fish to keep for food, NYS DOH has two types of health advice:

- (1) **General advice.** The general health advice for sportfish is that people can eat up to four one-half pound meals a month (which should be spaced out to about a meal a week) of fish from New York State fresh waters and some marine waters near the mouth of the Hudson River. If there is no specific advice for a fresh waterbody, follow this general advice.

**We have a general advisory because:**

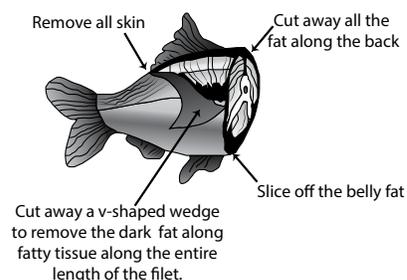
- Fish from all waters have not been tested
- Fish may contain unidentified contaminants
- There are some chemicals (such as mercury and PCBs) that are commonly found in NYS fish

(2) **Specific advice.** For some waterbodies in New York, NYS DOH issues stricter advice (eat a limited amount or none at all) because contaminant levels in some fish are higher. To be more protective, NYS DOH advises that infants, children under the age of 15 and women under age 50 should not eat any fish from many of these waterbodies.

- The information in this booklet will help you find where these waterbodies are located in NYS and the specific advice for what should or should not be eaten. In some cases, enough information is available to issue advice based on the length of the fish. Older (larger) fish are often more contaminated than younger (smaller) fish.
- There is also specific advice for certain regions. For example, some fish from the Adirondack and Catskill Mountain regions have been shown to have higher levels of mercury in their flesh than similar fish from other regions in the state.

### Tips for Healthier Eating

1. To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye and larger yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels, particularly in the Adirondack and Catskill regions.
2. To reduce exposures to PCBs, dioxin, mirex, DDT, chlordane and dieldrin, avoid or eat less American eel, bluefish, carp, lake trout, salmon (chinook, coho), striped bass, weakfish, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.
3. PCBs, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can reduce the amount of these contaminants in a fish meal by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, and the fat along the back and under the skin (see diagram). Cooking or soaking fish cannot eliminate the contaminants, but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings to prepare sauces or gravies. These precautions will not reduce the amount of mercury or other metals. Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. The only way to reduce mercury intake is to eat less contaminated fish.
4. Choose freshwater sportfish from waterbodies for which there is no specific advice.
5. Try to space out your fish meals. For example, if the advice is that you can eat up to 4 meals/month; don't eat them all in the same week. This is particularly important for women and young children.
6. When deciding which sportfish to eat, choose smaller fish within a species since they may have lower contaminant levels. Older (larger) fish from the same species may be more contaminated than smaller fish because they have had more time to accumulate contaminants in their bodies. (But make sure to follow New York State Department of Environmental Conservation (NYS DEC) regulations about fish length).
7. Do not eat the soft 'green stuff' (mustard, tomalley, liver or hepatopancreas) found in the body section of crab and lobster. This tissue can contain high levels of chemical contaminants, including PCBs, dioxin and heavy metals. For more information about how to reduce levels of chemicals in a crab meal, see *New York State Blue Crab Cooking and Eating Guide* ([www.health.ny.gov/publications/6502.pdf](http://www.health.ny.gov/publications/6502.pdf))
8. Bacteria, viruses or parasites can be in or on fish. Keep harvested fish cold. Wear protective 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.
9. Anglers who want to enjoy the fun of fishing but who wish to eliminate the potential risks associated



with eating contaminated sportfish may want to consider catch and release fishing. Refer to the NYS DEC's *New York Freshwater Fishing Official Regulations Guide* for suggestions on catch and release fishing techniques or go to the NYS DEC website at [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

## **Health Advisories by Region**

The specific health advisories for the waters listed on the following tables also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream. This is because chemicals remain in fish even if they move from one waterbody to another. If you are not sure about possible fish barriers near the waters where you fish, contact your local NYS DEC regional office listed on page 36. If you have questions about which advisories apply to the waters you are fishing, call the NYS DOH at (518) 402-7800 or toll free at (800) 458-1158; or e-mail us at [BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

The advisories listed in the following tables apply to New York State portions of listed waters. If you fish in waters in another state, consult that state's fish advisories, available from state health or environmental agencies, or on the internet at <http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm>

### **Don't see your waterbody listed in the following tables?**

If there is no specific advice for a particular fresh waterbody, follow the general advice, which is to eat up to four one-half pound meals a month of fish. Space out the meals to about one a week.

## **DEC Regulations and Places to Fish**

Check the NYS DEC website for updated regulations and special restrictions for certain species:

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

In addition, this 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.

## Western Region (Map p.22)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All waters NOT listed (Western Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Buffalo River and Harbor (Erie)	Channel catfish	Up to 1 meal/month	DON'T EAT	PCBs
	Carp	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Cayuga Creek (Niagara)	All fish	DON'T EAT	DON'T EAT	Dioxin
Delaware Park Lake/ Hoyt Lake (Erie)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Eighteenmile Creek, above and below Burt Dam (Niagara)	All fish	DON'T EAT	DON'T EAT	PCBs
Erie Canal, between Lockport & Niagara River (Niagara, Erie)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Lake Erie (Chautauqua, Erie)	Rock bass, Yellow perch, Burbot	Up to 4 meals/month	Up to 4 meals/month	PCBs
	Carp, Channel catfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	White perch	East of Point Breeze, up to 1 meal/month; West of Point Breeze, DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/ month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/ month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
Lewiston Reservoir/ Power Reservoir (Niagara)	Carp	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs



Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

Western Region continued (Map p.22)

 <b>Waterbody (County)</b> <sup>1</sup>	 <b>Fish</b>	 <b>Men Over 15 and Women Over 50</b>	 <b>Women Under 50 and Children Under 15</b>	 <b>Chemicals of Concern</b>
<b>Niagara River, downstream of Niagara Falls (Niagara)</b>	White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish, White perch	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
<b>Niagara River, upstream of Niagara Falls (Niagara, Erie)</b>	Rock bass, Yellow perch, Burbot	Up to 4 meals/month	Up to 4 meals/month	PCBs
	Carp, Channel catfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

## Finger Lakes Region (Map p.22)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All waters NOT listed (Finger Lakes Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Canadice Lake (Ontario)	Lake trout	Greater than 23", DON'T EAT; Less than 23", up to 1 meal/month	DON'T EAT	PCBs
	Brown trout	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Chenango River (Broome, Chenango, Madison)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Irondequoit Bay (Monroe)	White perch, White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
Koppers Pond (Chemung)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	White perch	East of Point Breeze, up to 1 meal/month; West of Point Breeze, DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html). 

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

Finger Lakes Region continued (Map p.22)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
<b>Onondaga Lake (Onondaga)</b>	Walleye	DON'T EAT	DON'T EAT	PCBs, Mercury
	Largemouth bass, Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	PCBs, Mercury
	Carp, Channel catfish, White perch	DON'T EAT	DON'T EAT	PCBs, Mercury, Dioxin
	Brown bullhead, Pumpkinseed sunfish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
	All other fish	Up to 1 meal/month	DON'T EAT	PCBs, Mercury, Dioxin
<b>Rushford Lake (Allegany)</b>	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
<b>Seneca River, downstream of Lock 24 at Baldwinsville (Onondaga)</b>	Walleye	DON'T EAT	DON'T EAT	PCBs, Mercury
	Largemouth bass, Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	PCBs, Mercury
	Carp, Channel catfish, White perch	DON'T EAT	DON'T EAT	PCBs, Mercury, Dioxin
	Brown bullhead, Pumpkinseed sunfish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
	All other fish	Up to 1 meal/month	DON'T EAT	PCBs, Mercury, Dioxin
<b>Skaneateles Creek, from Skaneateles Lake Dam at Skaneateles to Seneca River (Onondaga, Cayuga)</b>	Brown trout	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)</b>	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

## St. Lawrence Valley Region (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All waters NOT listed (St Lawrence Valley Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Grass River, mouth to Massena Power Canal (St. Lawrence)	All fish	DON'T EAT	DON'T EAT	PCBs
Lake Champlain, whole lake (Clinton, Washington, Essex)	Walleye	Greater than 19", up to 1 meal/month; Less than 19", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Lake Champlain, bay within Cumberland Head to Crab Island (Clinton)	Walleye	Greater than 19", up to 1 meal/month; Less than 19", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs
	American eel	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	White perch	East of Point Breeze, up to 1 meal/month; West of Point Breeze, DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
Massena Power Canal (St. Lawrence)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Oswego River, mouth to Varick Dam at Oswego (Lock #8) (Oswego)	White perch, White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin

Check the NYS DEC website for updated regulations and special restrictions for certain species:  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)



<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

St. Lawrence Valley Region continued (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)	Channel catfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Red Lake (Jefferson)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Salmon River, mouth to Salmon River Reservoir (Oswego)	Smallmouth bass, White perch, White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
Salmon River Reservoir (Oswego)	Largemouth bass, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
St. Lawrence River, whole river (Franklin, Jefferson, St. Lawrence)	White perch, White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
St. Lawrence River, bay and cove east of South Channel Bridge, near St. Lawrence/ Franklin County line (St. Lawrence)	All fish	DON'T EAT	DON'T EAT	PCBs

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

## Adirondack Region (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
All waters NOT listed (Adirondack Region)*	Yellow perch	Up to 4 meals/month	Greater than 10", DON'T EAT; Less than 10", up to 4 meals/month	Mercury
	Largemouth bass, Northern pike, Smallmouth bass, Walleye, Pickerel	Up to 4 meals/month	DON'T EAT	Mercury
	Brook trout, Brown trout, Rainbow trout, Rock bass, Crappie, Sunfish, Bullhead, All other fish	Up to 4 meals/month	Up to 4 meals/month	Mercury
Beaver Lake (Lewis)	Chain pickerel	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Beaver River, between High Falls Dam & Croghan Dam (Lewis)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Big Moose Lake (Herkimer, Hamilton)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Blue Mountain Lake (Hamilton)	Largemouth bass, Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Brown Tract Ponds, Lower and Upper (Hamilton)	Largemouth bass, Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Canada Lake (Fulton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	Chain pickerel	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Carry Falls Reservoir (St. Lawrence)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Chase Lake (Fulton)	Yellow perch	Greater than 9", up to 1 meal/month; Less than 9", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury



Check the NYS DEC website for updated regulations and special restrictions for certain species:  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

**\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Adirondack waters because these fish have higher levels of mercury.**

Adirondack Region continued (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
Cranberry Lake (St. Lawrence)	Largemouth bass, Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Crane Pond (Essex)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dart Lake (Herkimer)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
East/Middle Stoner Lake (Fulton, Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Effley Falls Pond (Lewis)	Chain pickerel, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Elmer Falls Pond (Lewis)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Fall Lake (Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	Rock bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Ferris Lake (Hamilton)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Forked Lake (Hamilton)	Lake trout, Largemouth bass, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Fourth Lake of Fulton Chain (Herkimer, Hamilton)	Lake trout	DON'T EAT	DON'T EAT	DDT
	All other fish	Up to 4 meals/month	DON'T EAT	DDT
Francis Lake (Lewis)	Chain pickerel	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Franklin Falls Flow/Pond (Franklin, Essex)	Walleye	DON'T EAT	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Great Sacandaga Lake (Fulton, Saratoga, Hamilton)	Smallmouth bass, Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream. 

\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Adirondack waters because these fish have higher levels of mercury.

Adirondack Region continued (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
Halfmoon Lake (Lewis)	Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
High Falls Pond (Lewis)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hinckley Reservoir (Herkimer, Oneida)	Chain pickerel, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hudson River	See Hudson River and Tributaries p.28			
Indian Lake, Town of Diana / Fort Drum (Lewis)	All fish	Up to 1 meal/month	DON'T EAT	Mercury
Indian Lake, Towns of Indian Lake and Lake Pleasant (Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Kings Flow (Hamilton)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lake Algonquin (Hamilton)	Chain pickerel	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lake Champlain, whole lake (Clinton, Washington, Essex)	Walleye	Greater than 19", up to 1 meal/month; Less than 19", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Lake Champlain, bay within Cumberland Head to Crab Island (Clinton)	Walleye	Greater than 19", up to 1 meal/month; Less than 19", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs
	American eel	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Lake Durant and Rock Pond, Town of Indian Lake (Hamilton)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Adirondack waters because these fish have higher levels of mercury.

Adirondack Region continued (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
Lake Eaton (Hamilton)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lewey Lake (Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Limekiln Lake (Herkimer, Hamilton)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lincoln Pond (Essex)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Long Lake, Town of Long Lake (Hamilton)	Northern pike	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Long Pond, Town of Croghan (Lewis)	Splake	Greater than 12", DON'T EAT; Less than 12", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lower and Upper Sister Lakes (Hamilton)	Yellow perch	Greater than 10", DON'T EAT; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Lower Saranac Lake (Franklin)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Meacham Lake (Franklin)	Yellow perch	Greater than 12", DON'T EAT; Less than 12", up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	DON'T EAT	DON'T EAT	Mercury
	Northern pike	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Moshier Reservoir (Herkimer)	Smallmouth bass, Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
North Lake, Town of Ohio (Herkimer)	Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Adirondack waters because these fish have higher levels of mercury.

Adirondack Region continued (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
Osgood Pond (Franklin)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Pine Lake (Fulton)	Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Polliwog Pond (Franklin)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Raquette Lake (Hamilton)	Lake trout, Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Rollins Pond (Franklin)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Round Pond, Town of Long Lake (Hamilton)	Yellow perch	Greater than 12", up to 1 meal/month; Less than 12", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Russian Lake (Hamilton)	Yellow perch	Greater than 9", up to 1 meal/month; Less than 9", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Sacandaga Lake (Hamilton)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Sand Lake, Town of Arietta (Hamilton)	Chain pickerel	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Schroon Lake (Warren, Essex)	Yellow perch	Greater than 13", up to 1 meal/month; Less than 13", up to 4 meals/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	Lake trout	Greater than 27", up to 1 meal/month; Less than 27", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Soft Maple Dam Pond (Lewis)	Rock bass, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Soft Maple Reservoir (Lewis)	Rock bass, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury



<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

**\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Adirondack waters because these fish have higher levels of mercury.**

Adirondack Region continued (Map p.24)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
South Pond, Town of Long Lake (Hamilton)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Spy Lake (Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Stark Falls Reservoir (St. Lawrence)	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Stillwater Reservoir (Herkimer)	Yellow perch	Greater than 9", up to 1 meal/month; Less than 9", up to 4 meals/month	DON'T EAT	Mercury
	Smallmouth bass, Splake	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Sunday Lake (Herkimer)	Yellow perch	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	DON'T EAT	Mercury
	Chain pickerel	DON'T EAT	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Tupper Lake (Franklin, St. Lawrence)	Smallmouth bass, Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Union Falls Flow/Pond (Clinton, Franklin)	Northern pike, Smallmouth bass, Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Upper Chateaugay Lake (Clinton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Weller Pond (Franklin)	Northern pike	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Willis Lake (Hamilton)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Woods Lake (Hamilton)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

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## Leatherstocking/Central Region (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All waters NOT listed (Leatherstocking/Central Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Chenango River (Broome, Chenango, Madison)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Goodyear Lake (Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hinckley Reservoir (Herkimer, Oneida)	Chain pickerel, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Mohawk River, between Oriskany Creek and West Canada Creek (Herkimer, Oneida)	Largemouth bass, Tiger muskellunge	Up to 1 meal/month	DON'T EAT	PCBs
	Carp	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Mohawk River, between West Canada Creek and Fivemile Dam below Little Falls (Herkimer)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Sauquoit Creek, between Old Silk Mill Dam near New Hartford/Paris town line and Mohawk River (Oneida)	Brown trout	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Threemile Creek (Oneida)	White sucker	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Unadilla River (Herkimer, Chenango, Oneida, Madison, Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

## Catskill Region (Map p.26)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
All waters NOT listed (Catskill Region)*	Yellow perch	Up to 4 meals/month	Greater than 10", DON'T EAT; Less than 10", up to 4 meals/month	Mercury
	Largemouth bass, Northern pike, Smallmouth bass, Walleye, Pickerel	Up to 4 meals/month	DON'T EAT	Mercury
	Brook trout, Brown trout, Rainbow trout, Rock bass, Sunfish, Bullhead, All other fish	Up to 4 meals/month	Up to 4 meals/month	Mercury
Ashokan Reservoir (Ulster)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Cannonsville Reservoir (Delaware)	Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Chodikee Lake (Ulster)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Herrick Hollow Creek (Delaware)	Brook trout	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hudson River	See Hudson River and Tributaries p. 28			
Loch Sheldrake (Sullivan)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Neversink Reservoir (Sullivan)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	Brown trout	Greater than 24", up to 1 meal/month; Less than 24", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

**\* Special Regional Advice: Women and children should not eat yellow perch over 10", northern pike, pickerel, walleye, largemouth and smallmouth bass from ANY Catskill waters because these fish have higher levels of mercury.**

Catskill Region continued (Map p.26)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15*	 Chemicals of Concern
North-South Lake (Greene)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Pepacton Reservoir (Delaware)	Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	Brown trout	Greater than 24", up to 1 meal/month; Less than 24", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Rio Reservoir (Sullivan, Orange)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Rondout Creek, downstream of Eddyville Dam, tidal waters (Ulster)	See Hudson River and Tributaries p. 28			
Rondout Reservoir (Ulster, Sullivan)	Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Schoharie Reservoir (Delaware, Greene, Schoharie)	Walleye	Greater than 18", DON'T EAT; Less than 18", up to 1 meal/month	DON'T EAT	Mercury
	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Swinging Bridge Reservoir (Sullivan)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

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## Hudson Valley/Capital District Region (Map p.27)

 Waterbody (County) <sup>1,2</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All waters NOT listed (Hudson Valley/Capital District Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Amawalk Reservoir (Westchester)	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Bog Brook Reservoir (Putnam)	Walleye	Greater than 21", up to 1 meal/month; Less than 21", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Boyd Corners Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Largemouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Breakneck Pond (Rockland)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Cross River Reservoir (Westchester)	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Diverting Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dunham Reservoir (Rensselaer)	Walleye	DON'T EAT	DON'T EAT	Mercury
	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dyken Pond (Rensselaer)	Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
East Branch Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hoosic River (Rensselaer, Washington)	Brown trout	Greater than 14", up to 1 meal/month; Less than 14", up to 4 meals/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hudson River	See Hudson River and Tributaries p.28			

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> See the Catskill Region, p. 18-19 for waters with advice in Green and Ulster counties.

Hudson Valley/Capital District Region continued (Map p.27)

 Waterbody (County) <sup>1,2</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Kinderhook Lake (Columbia)	American eel	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Nassau Lake (Rensselaer)	All fish	DON'T EAT	DON'T EAT	PCBs
Rio Reservoir (Sullivan, Orange)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Rondout Creek, downstream of Eddyville Dam, tidal waters (Ulster)	See Hudson River and Tributaries p. 28			
Saw Mill River (Westchester)	American eel	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Sheldrake River (Westchester)	Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	American eel	DON'T EAT	DON'T EAT	Chlordane, Dieldrin
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane, Dieldrin
Titicus Reservoir (Westchester)	White perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Valatie Kill, between County Rt. 18 and Nassau Lake (Rensselaer)	All fish	DON'T EAT	DON'T EAT	PCBs
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer)	American eel, Bluegill sunfish, Redbreast sunfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
West Branch Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

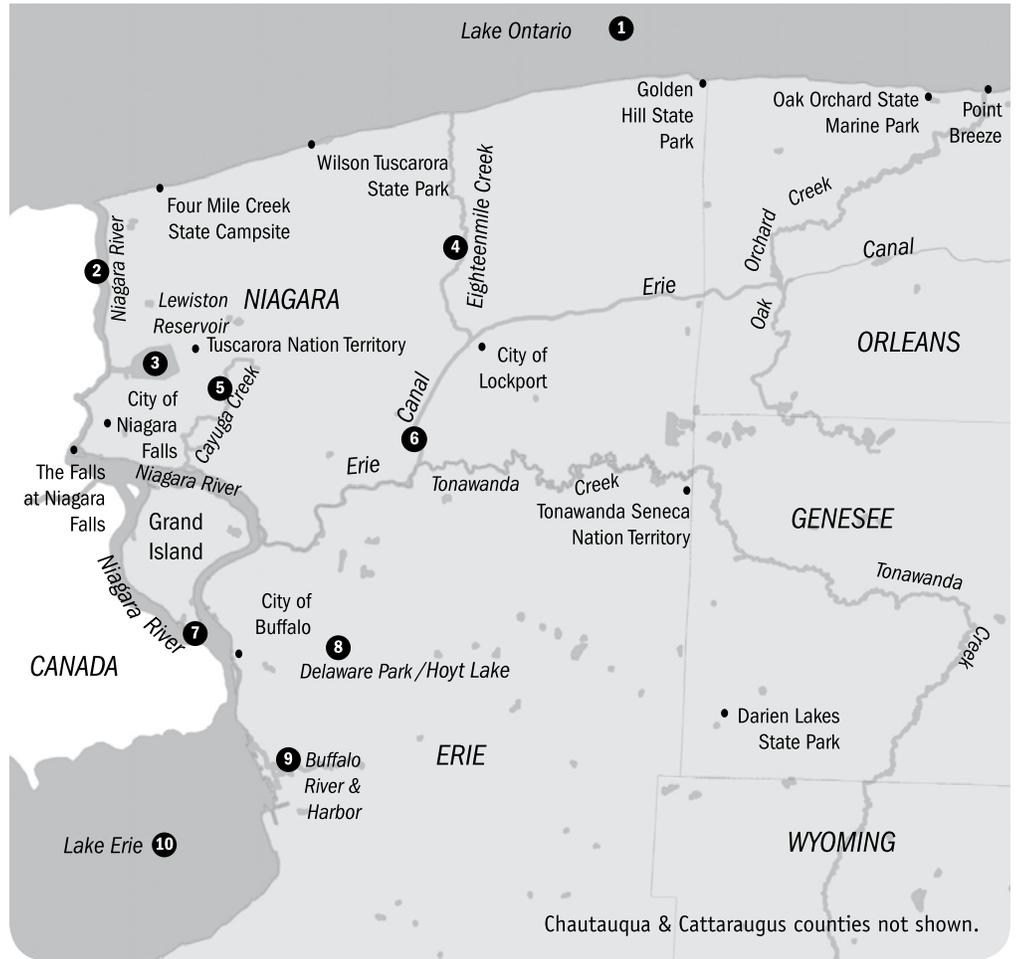
<sup>2</sup> See the Catskill Region, p. 18-19 for waters with advice in Green and Ulster counties.

# Regional Maps

Western Region p.5

## Waters with Advice

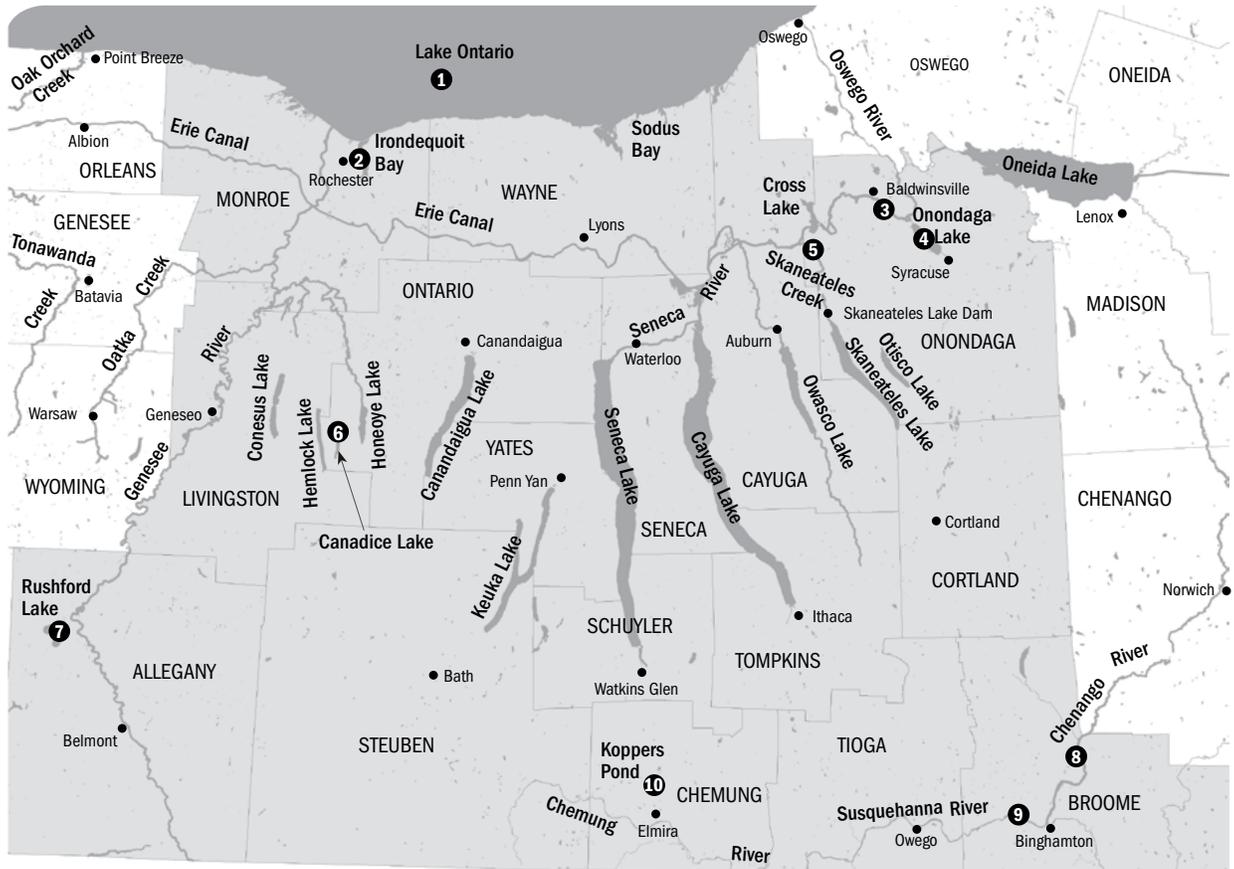
- 1 Lake Ontario
- 2 Niagara River downstream of Niagara Falls
- 3 Lewiston Reservoir/Power Reservoir
- 4 Eighteenmile Creek
- 5 Cayuga Creek
- 6 Erie Canal
- 7 Niagara River upstream of Niagara Falls
- 8 Delaware Park Lake/Hoyt Lake
- 9 Buffalo River & Harbor
- 10 Lake Erie



Finger Lakes Region p.7

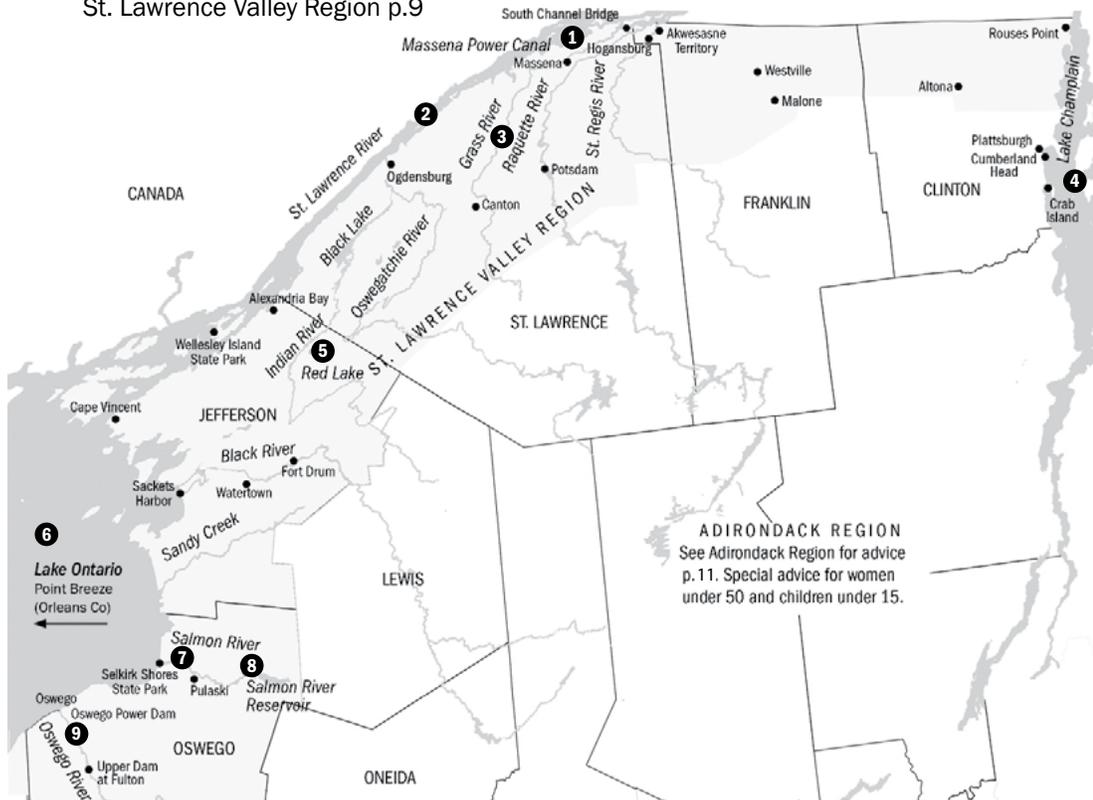
## Waters with Advice

- 1 Lake Ontario
- 2 Irondequoit Bay
- 3 Seneca River
- 4 Onondaga Lake
- 5 Skaneateles Creek
- 6 Canadice Lake
- 7 Rushford Lake
- 8 Chenango River
- 9 Susquehanna River
- 10 Koppers Pond



## Regional Maps continued

St. Lawrence Valley Region p.9



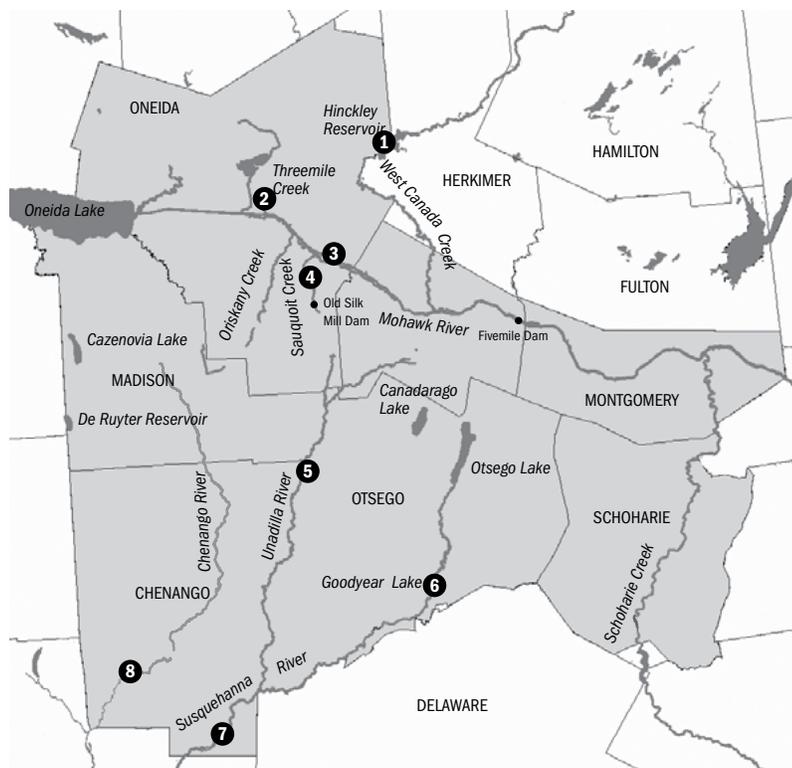
### Waters with Advice

- 1 Massena Power Canal
- 2 St. Lawrence River
- 3 Grass River
- 4 Lake Champlain
- 5 Red Lake
- 6 Lake Ontario
- 7 Salmon River
- 8 Salmon River Reservoir
- 9 Oswego River

Leatherstocking/Central Region p.17

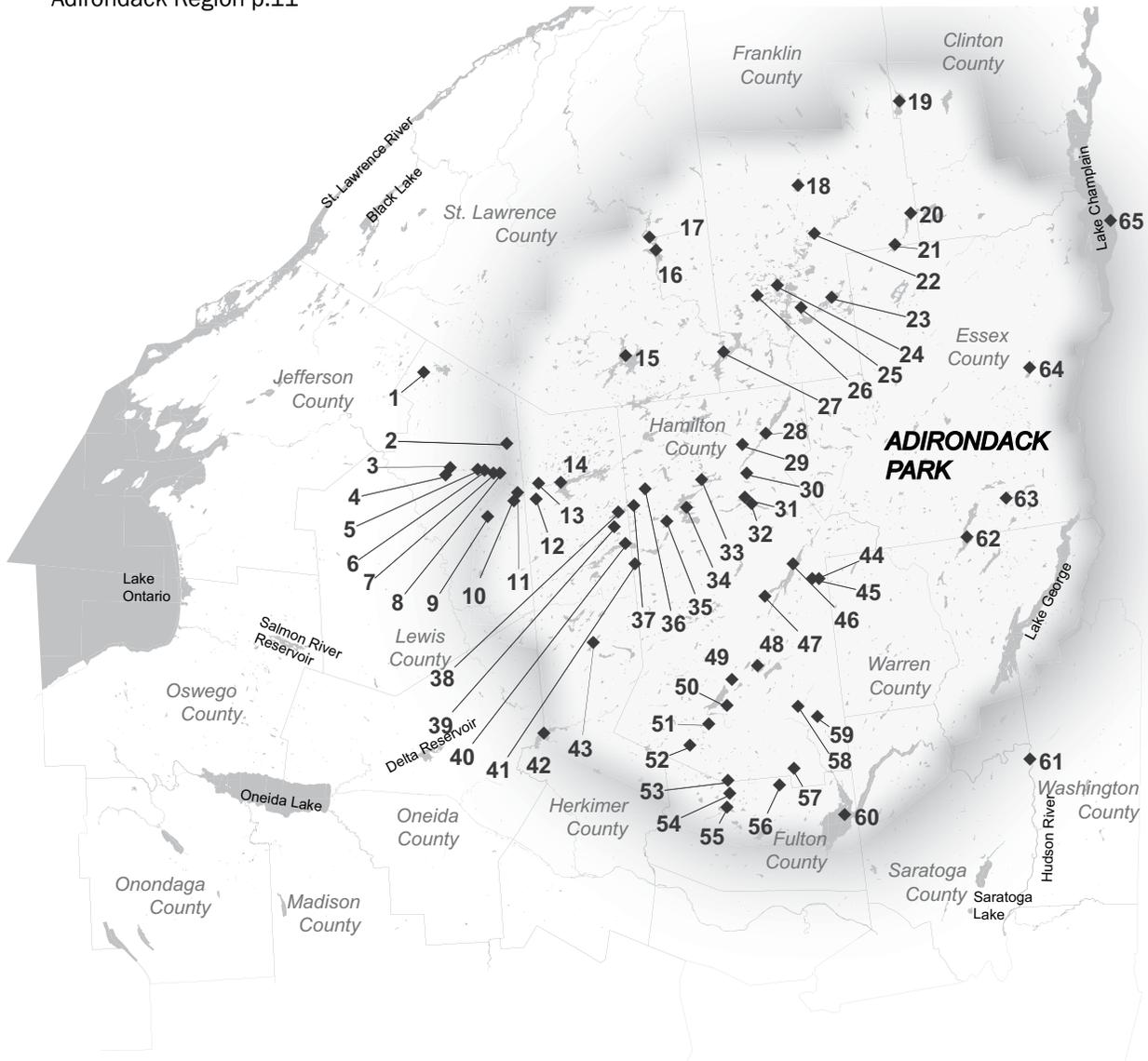
### Waters with Advice

- 1 Hinckley Reservoir
- 2 Threemile Creek
- 3 Mohawk River
- 4 Sauquoit Creek
- 5 Unadilla River
- 6 Goodyear Lake
- 7 Susquehanna River
- 8 Chenango River



Regional Maps continued

Adirondack Region p.11



**Waters with Advice**

- |                           |                             |                                |                              |                         |
|---------------------------|-----------------------------|--------------------------------|------------------------------|-------------------------|
| 1 Indian Lake (Fort Drum) | 15 Cranberry Lake           | 29 Lake Eaton                  | 41 Limekiln Lake             | 54 Pine Lake            |
| 2 Long Pond (Croghan)     | 16 Carry Falls Reservoir    | 30 South Pond                  | 42 Hinckley Reservoir        | 55 Canada Lake          |
| 3 High Falls Pond         | 17 Stark Falls Reservoir    | 31 Blue Mountain Lake          | 43 North Lake                | 56 Chase Lake           |
| 4 Beaver River            | 18 Meacham Lake             | 32 Lake Durant                 | 44 Round Pond                | 57 Woods Lake           |
| 5 Elmer Falls Pond        | 19 Upper Chateaugay Lake    | 32 Rock Pond                   | 45 Kings Flow                | 58 Lake Algonquin       |
| 6 Effley Falls Pond       | 20 Union Falls Flow/Pond    | 33 Forked Lake                 | 46 Indian Lake (Indian Lake) | 59 Willis Lake          |
| 7 Soft Maple Dam Pond     | 21 Franklin Falls Flow/Pond | 34 Raquette Lake               | 47 Lewey Lake                | 60 Great Sacandaga Lake |
| 8 Soft Maple Reservoir    | 22 Osgood Pond              | 35 Brown Tract Ponds           | 48 Sacandaga Lake            | 61 Hudson River         |
| 9 Halfmoon Lake           | 23 Lower Saranac Lake       | 36 Lower Sister Lake           | 49 Fall Lake                 | 62 Schroon Lake         |
| 10 Francis Lake           | 24 Polliwog Pond            | 36 Upper Sister Lake           | 50 Spy Lake                  | 63 Crane Pond           |
| 11 Beaver Lake            | 25 Weller Pond              | 37 Russian Lake                | 51 Sand Lake                 | 64 Lincoln Pond         |
| 12 Sunday Lake            | 26 Rollins Pond             | 38 Big Moose Lake              | 52 Ferris Lake               | 65 Lake Champlain       |
| 13 Moshier Reservoir      | 27 Tupper Lake              | 39 Dart Lake                   | 53 East Stoner Lake          |                         |
| 14 Stillwater Reservoir   | 28 Long Lake                | 40 Fourth Lake of Fulton Chain | 53 Middle Stoner Lake        |                         |

Regional Maps continued

New York City Region p.30

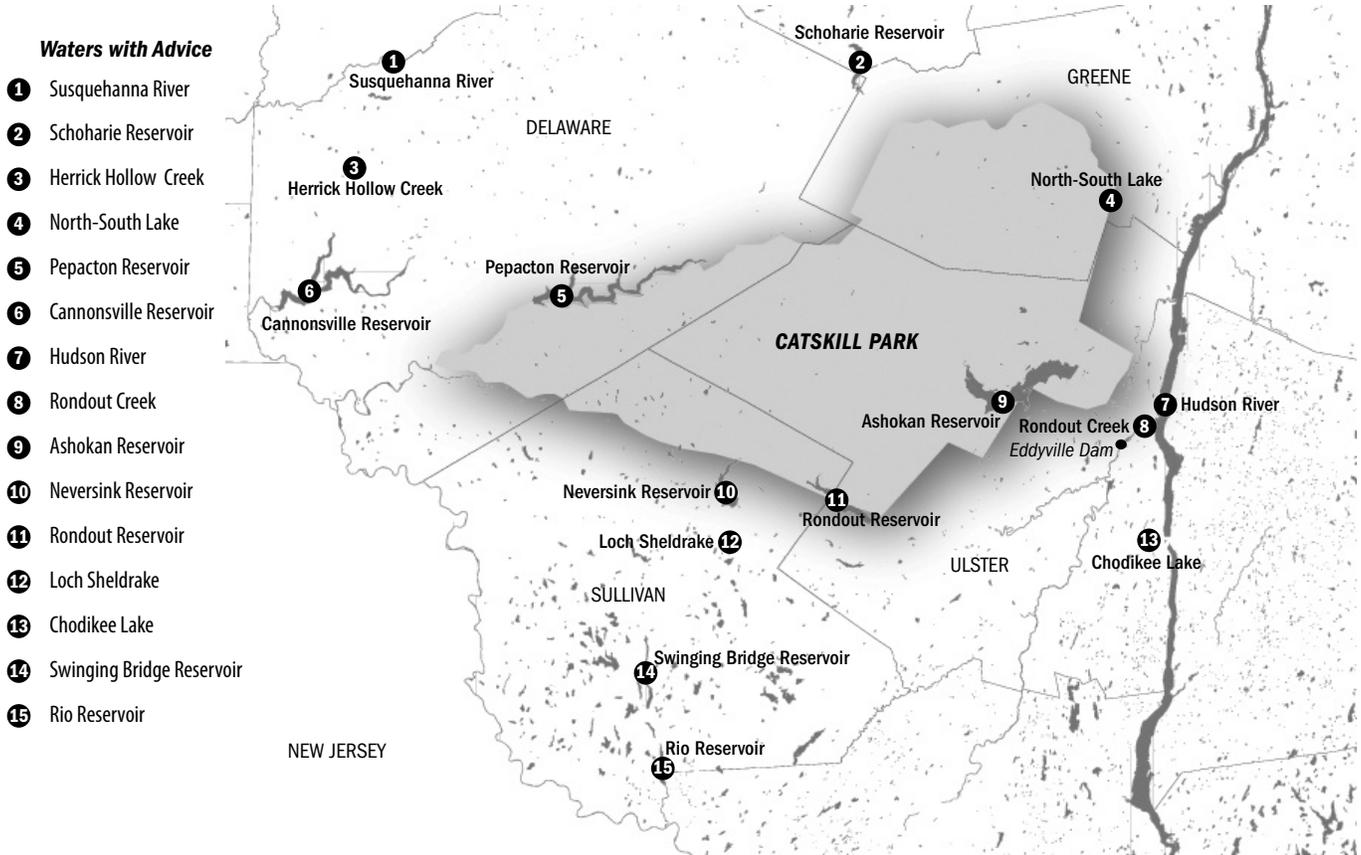
**Waters with Advice**

- ① Hudson River
- ② Long Island Sound
- ③ Harlem River
- ④ East River
- ⑤ Newark Bay
- ⑥ Kill Van Kull
- ⑦ Upper New York Bay
- ⑧ Arthur Kill
- ⑨ Raritan Bay
- ⑩ Lower New York Bay
- ⑪ Jamaica Bay
- ⑫ Atlantic Ocean/Long Island South Shore

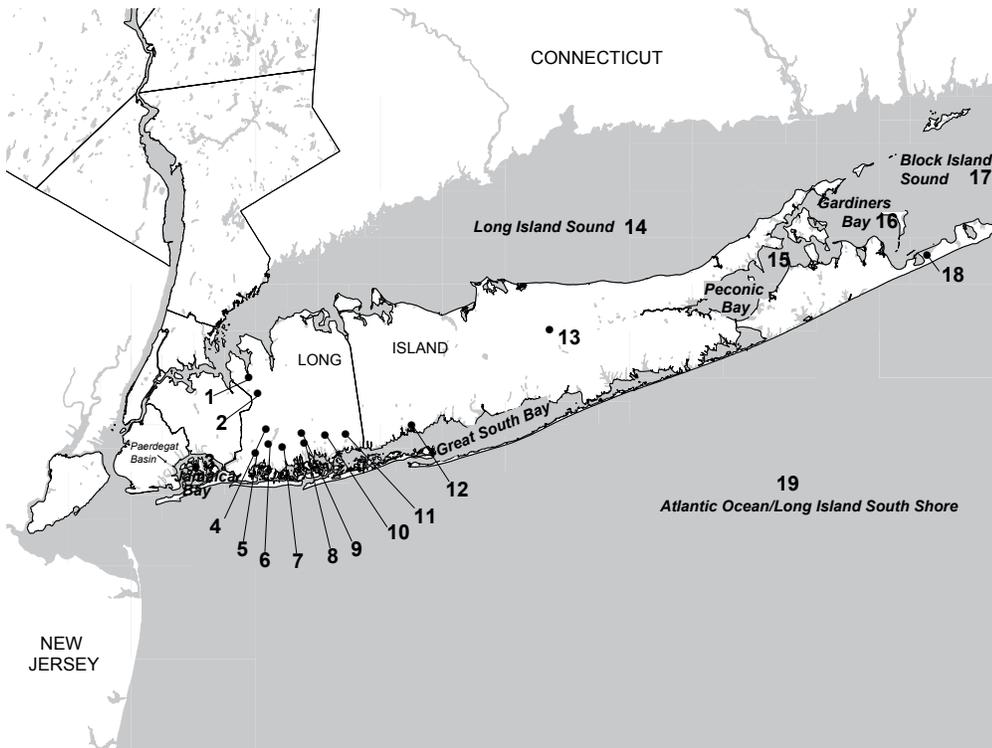


## Regional Maps continued

Catskill Region p.18



Long Island Region (Marine and Freshwater) p.33 and p.35

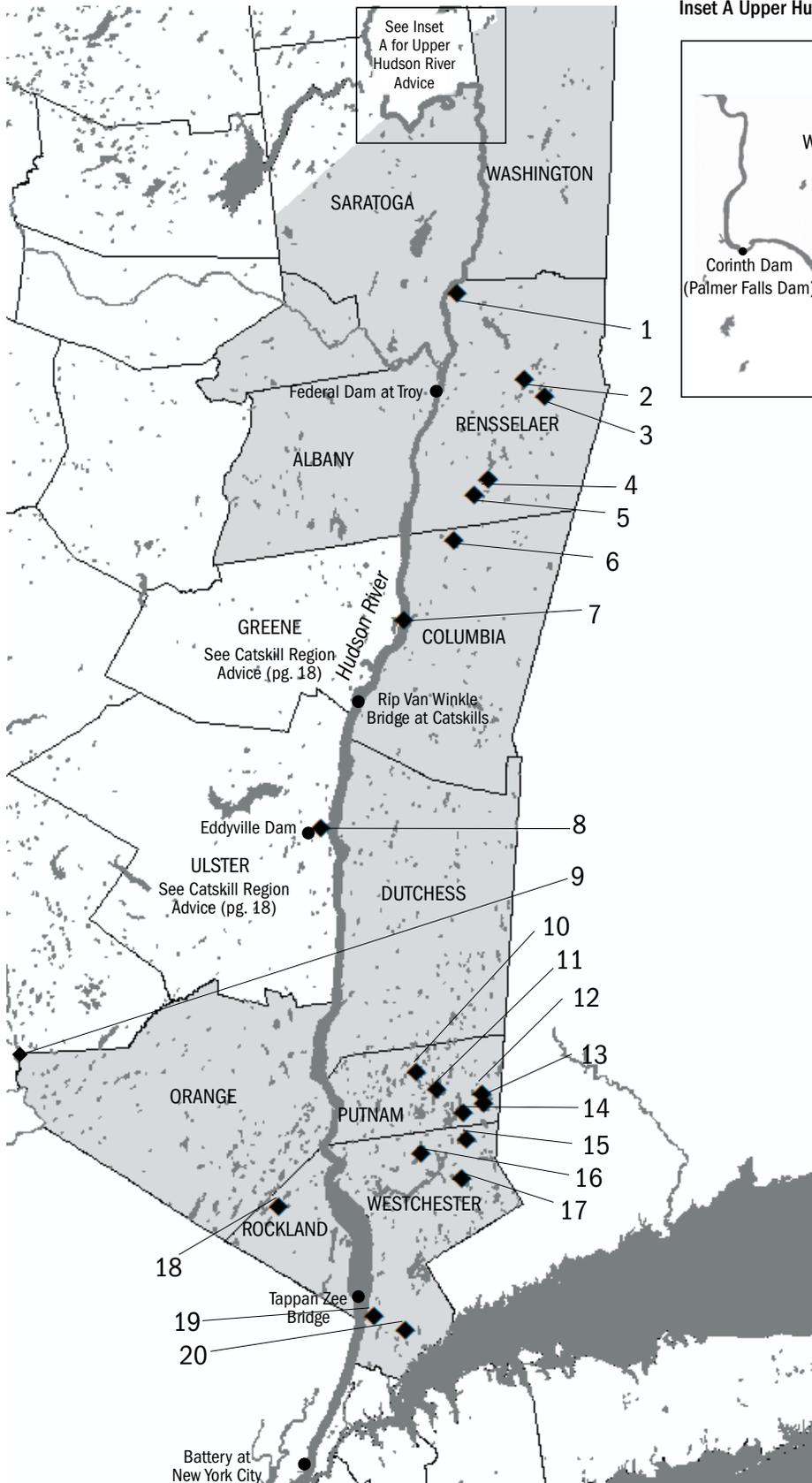


**Waters with Advice**

- 1 Whitney Park Pond
- 2 Ridders Pond
- 3 Jamaica Bay
- 4 Hall's Pond
- 5 Grant Park Pond
- 6 Smith Pond (Rockville Centre)
- 7 Loft's Pond
- 8 Freeport Reservoir
- 9 Smith Pond (Roosevelt Park)
- 10 Upper Twin Pond
- 11 Massapequa Reservoir, upstream of Long Island Railroad
- 12 Lake Capri
- 13 Spring Lake (Middle Island)
- 14 Long Island Sound
- 15 Peconic Bay
- 16 Gardiners Bay
- 17 Block Island Sound
- 18 Fresh Pond (Hither Hills State Park)
- 19 Atlantic Ocean/Long Island South Shore

**Regional Maps continued**

Hudson Valley/Capital District and Hudson River Regions p.20 and p.28



**Inset A Upper Hudson**

**Waters with Advice**

- 1 Hoosic River
- 2 Dunham Reservoir
- 3 Dyken Pond
- 4 Valatie Kill
- 5 Nassau Lake
- 6 Kinderhook Lake
- 7 Hudson River
- 8 Rondout Creek
- 9 Rio Reservoir
- 10 Boyd Corners Reservoir
- 11 West Branch Reservoir
- 12 Bog Brook Reservoir
- 13 East Branch Reservoir
- 14 Diverting Reservoir
- 15 Titicus Reservoir
- 16 Amawalk Reservoir
- 17 Cross River Reservoir
- 18 Breakneck Pond
- 19 Saw Mill River
- 20 Sheldrake River

## Hudson River & Tributaries Region (Map p.27)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Hudson River, upstream from Corinth Dam (Palmer Falls Dam) (Warren, Essex, Saratoga, Hamilton)	Yellow perch	Up to 4 meals/month	Greater than 10", DON'T EAT; Less than 10", up to 4 meals/month	Mercury
	Largemouth bass, Northern pike, Smallmouth bass, Walleye, Pickerel	Up to 4 meals/month	DON'T EAT	Mercury
	Sunfish, Brook trout, Bullhead, Brown trout, Rainbow trout, Rock bass, Crappie	Up to 4 meals/month	Up to 4 meals/month	Mercury
	All other fish	Up to 4 meals/month	Up to 4 meals/month	Mercury
Hudson River, Corinth Dam (Palmer Falls Dam) to South Glens Falls Dam at Route 9 Bridge (Warren, Saratoga)	Smallmouth bass	Greater than 14", up to 1 meal/month; Less than 14", up to 4 meals/month	DON'T EAT	Mercury
	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
Hudson River, South Glens Falls Dam at Route 9 Bridge to Hudson Falls Dam at Bakers Falls (Warren, Washington, Saratoga)	All fish	DON'T EAT	DON'T EAT	PCBs
Hudson River, Hudson Falls Dam at Bakers Falls to Federal Dam at Troy (Rensselaer, Albany, Washington, Saratoga)	All fish	Catch and Release fishing ONLY per NYS DEC regulations. <b>Take No Fish. Eat No Fish.</b>	Catch and Release fishing ONLY per NYS DEC regulations. <b>Take No Fish. Eat No Fish.</b>	PCBs
Hudson River, Federal Dam at Troy south to Rip Van Winkle Bridge at Catskill (Rensselaer, Albany, Columbia, Greene)	Alewife, Blueback herring, Rock bass, Yellow perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	DON'T EAT	DON'T EAT	PCBs
Hudson River, south of Rip Van Winkle Bridge at Catskill to Tappan Zee Bridge (Ulster, Rockland, Dutchess, Westchester, Columbia, Putnam, Greene, Orange) <sup>2</sup>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, Walleye, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Brown bullhead, Carp, Goldfish, Largemouth bass, Rainbow smelt, Smallmouth bass, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs

Check the NYS DEC website for updated regulations and special restrictions for certain species:  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

Hudson River & Tributaries Region continued (Map p.27)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
<b>Hudson River, south of Tappan Zee Bridge (New York, Rockland, Westchester, Bronx) <sup>2</sup></b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Carp, Goldfish, Rainbow smelt, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>Rondout Creek, downstream of Eddyville Dam, tidal waters (Ulster)</b>	See Hudson River, south of Rip Van Winkle Bridge at Catskill to Tappan Zee Bridge, pg 28			

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

## New York City Region (Map p.25)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Arthur Kill (Richmond) <sup>2</sup>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, Striped bass, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin
Atlantic Ocean/Long Island South Shore (Nassau, Queens, Suffolk) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
East River to Throgs Neck Bridge (Queens, New York, Kings, Bronx) <sup>2</sup>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Carp, Goldfish, Rainbow smelt, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Harlem River (New York, Bronx) <sup>2</sup>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Carp, Goldfish, Rainbow smelt, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs



Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries (for example, Gowanus Canal and Newtown Creek) and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup>Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

New York City Region continued (Map p.25)

 <b>Waterbody (County) <sup>1</sup></b>	 <b>Fish</b>	 <b>Men Over 15 and Women Over 50</b>	 <b>Women Under 50 and Children Under 15</b>	 <b>Chemicals of Concern</b>
<b>Hudson River <sup>2</sup></b>		See Hudson River and Tributaries p.28		
<b>Jamaica Bay (excluding Paerdegat Basin) (Nassau, Queens, Kings) <sup>2</sup></b>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
<b>Jamaica Bay (Paerdegat Basin and 200 yards from its mouth) (Kings) <sup>2</sup></b>	All fish, All crabs	DON'T EAT	DON'T EAT	PCBs*
<b>Kill Van Kull (Richmond) <sup>2</sup></b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, Striped bass, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin
<b>Long Island Sound (Nassau, Westchester, Queens, Suffolk, Bronx) <sup>2</sup></b>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
<b>Lower New York Bay, south of Verrazano Narrows Bridge (Kings, Richmond) <sup>2</sup></b>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs

\*The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material into the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check [www.health.ny.gov/fish](http://www.health.ny.gov/fish) to see whether this advice is still in effect. The public is also reminded that all New York City waters are closed to shellfishing (harvest of clams, mussels, oysters or scallops).

New York City Region continued (Map p.25)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
<b>Newark Bay (Richmond) <sup>2</sup></b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, Striped bass, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin
<b>Raritan Bay, east of Wolfe's Pond Park (Richmond) <sup>2</sup></b>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
<b>Raritan Bay, west of Wolfe's Pond Park (Richmond) <sup>2</sup></b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt, Striped bass	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin
<b>Upper New York Bay, north of Verrazano Narrows Bridge (Richmond, New York) <sup>2</sup></b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt, Striped bass	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries (for example, Gowanus Canal and Newtown Creek) and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

## Long Island Region (Marine) (Map p.26)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Atlantic Ocean/Long Island South Shore (Nassau, Queens, Suffolk) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
Block Island Sound (Suffolk) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
Gardiners Bay (Suffolk) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
Jamaica Bay (excluding Paerdegat Basin) (Nassau, Kings, Queens) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

Long Island Region (Marine) continued (Map p.26)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
Jamaica Bay (Paerdegat Basin and 200 yards from its mouth) (Kings) <sup>2</sup>	All fish, All crabs	DON'T EAT	DON'T EAT	PCBs*
Long Island Sound (Nassau, Westchester, Queens, Suffolk, Bronx) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
Peconic Bay (Suffolk) <sup>2</sup>	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Bluefish	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	PCBs
	American eel, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs

\*The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material into the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check [www.health.ny.gov/fish](http://www.health.ny.gov/fish) to see whether this advice is still in effect. The public is also reminded that all New York City waters are closed to shellfishing (harvest of clams, mussels, oysters or scallops).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

## Long Island Region (Freshwater) (Map p.26)

 Waterbody (County) <sup>1</sup>	 Fish	 Men Over 15 and Women Over 50	 Women Under 50 and Children Under 15	 Chemicals of Concern
All freshwaters NOT listed (Long Island Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Freeport Reservoir (Nassau)	Carp	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Fresh Pond, Hither Hills State Park (Suffolk)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Grant Park Pond (Nassau)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hall's Pond (Nassau)	Carp, Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Lake Capri (Suffolk)	American eel, Carp	Up to 1 meal/month	DON'T EAT	Chlordane, Cadmium
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane, Cadmium
Lofts Pond (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Massapequa Reservoir, upstream of Long Island Railroad (Nassau)	Carp, White perch	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Ridders Pond (Nassau)	Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Smith Pond, Rockville Centre (Nassau)	White perch	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Smith Pond, Roosevelt Park (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	American eel	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Spring Lake, Middle Island (Suffolk)	Carp, Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Upper Twin Pond (Nassau)	American eel, Carp	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Whitney Park Pond (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.

## Contacts for Additional Information

For more information on health effects from exposure to chemical contaminants or to provide comments on this publication, please contact NYS DOH at (518) 402-7800 or toll-free at (800) 458-1158 Monday-Friday, 8:30AM-4:30PM. After hours, leave a voice mail message. The full advisories are also available online at [www.health.ny.gov/fish](http://www.health.ny.gov/fish) or can be requested by e-mail at [ceheduc@health.ny.gov](mailto:ceheduc@health.ny.gov)

For more information on fishing, contact the nearest NYS DEC regional office or other resource listed below:

**Region 1 (Long Island)** Nassau and Suffolk:  
(631) 444-0280  
email: [fwfish1@dec.ny.gov](mailto:fwfish1@dec.ny.gov)

**Region 2 (New York City)** Brooklyn, Bronx, Manhattan, Queens and Staten Island:  
(718) 482-4922  
email: [fwfish2@dec.ny.gov](mailto:fwfish2@dec.ny.gov)

**Region 3 (Lower Hudson Valley)** Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester: (845) 256-3161  
email: [fwfish3@dec.ny.gov](mailto:fwfish3@dec.ny.gov)

**Region 4 (Capital Region/Northern Catskills)** Albany, Columbia, Delaware, Greene, Montgomery, Otsego, Rensselaer, Schenectady and Schoharie:  
(607) 652-7366  
email: [fwfish4@dec.ny.gov](mailto:fwfish4@dec.ny.gov)

**Region 5 (Eastern Adirondacks/Lake Champlain)** Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren and Washington:  
(518) 897-1291 (Ray Brook) or  
(518) 897-1290 (Warrensburg)  
email: [fwfish5@dec.ny.gov](mailto:fwfish5@dec.ny.gov)

**Region 6 (Western Adirondacks/Eastern Lake Ontario)** Herkimer, Jefferson, Lewis, Oneida and St. Lawrence: (315) 785-2263 (Watertown) or (315) 793-2554 (Utica)  
email: [fwfish6@dec.ny.gov](mailto:fwfish6@dec.ny.gov)

**Region 7 (Central New York)** Broome, Cayuga, Chenango, Cortland, Madison, Onondaga, Oswego, Tioga and Tompkins:  
(607) 753-3095 x213  
email: [fwfish7@dec.ny.gov](mailto:fwfish7@dec.ny.gov)

**Region 8 (Western Finger Lakes)** Chemung, Genesee, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne and Yates:  
(585) 226-2466  
email: [fwfish8@dec.ny.gov](mailto:fwfish8@dec.ny.gov)

**Region 9 (Western New York)** Allegany, Chautauqua, Cattaraugus, Erie, Niagara and Wyoming: (716) 851-7000 (Buffalo) or (716) 372-0645 (Allegany)  
email: [fwfish9@dec.ny.gov](mailto:fwfish9@dec.ny.gov)

### Information on contaminant levels in fish, shellfish and wildlife:

Division of Fish, Wildlife and Marine Resources: (518) 402-8924  
email: [fwfish@dec.ny.gov](mailto:fwfish@dec.ny.gov)

### Information on fishing marine waters:

Bureau of Marine Resources:  
(631) 444-0430  
email: [fwmarine@dec.ny.gov](mailto:fwmarine@dec.ny.gov)

## Procedures for Setting Advisories

In New York State, these advisories are primarily based on information that NYS DEC gathers on contaminant levels in fish and game. NYS DEC collects fish samples each year from different waterbodies. In recent years, NYS DEC has annually collected approximately 2,000 fish from more than 50 locations/waters and analyzed these fish for various contaminants. Sampling focuses on waterbodies with known or suspected contamination, waterbodies susceptible to mercury contamination, popular fishing waters and waters where trends in fish contamination are being monitored. Also, testing focuses on those species that are most likely to be caught and eaten by sport anglers. NYS DEC also tests some game species (e.g., waterfowl, snapping turtles) that accumulate chemical contaminants.

NYS DOH reviews the new NYS DEC testing results for fish and game to determine if an advisory should be issued or revised for a given waterbody or fish or game species. When reviewing the data, NYS DOH compares testing data to federal marketplace standards (when available) for a contaminant and considers other factors such as potential human exposures and health risks, location, type and number of samples.

## Information on Chemicals in Sportfish and Game

Most of what we know about the potential health effects of these chemicals comes from high-dose laboratory animal studies or in people exposed by accidents or in the workplace. Chemicals that cause health effects in laboratory animals and people after high level exposures may also increase the risk of effects in people exposed to lower levels for long periods of time.

**PCBs** (polychlorinated biphenyls) are a mixture of man-made chemicals that were used in many commercial and electrical products until their manufacture was banned in the mid-1970s. PCBs are persistent in the environment and accumulate in the fat of fish and other animals. Thus, PCBs still remain a fish and game contaminant.

Health concerns: Studies of women and their children show a link between elevated levels of PCBs in their bodies and slight effects on their children's birth weight, short-term memory and learning ability. A study of older adults (49-86 years old) who ate fish containing PCBs suggests that higher PCB exposure is associated with decreased memory and learning. Other studies have suggested a link between increased PCB exposure and effects on the human reproductive system, including changes in sperm quality, time to pregnancy and menstrual cycles. These studies suggest that the effects were caused by PCBs, but other factors may have played a role too. Some PCBs have been shown to cause cancer in laboratory animals exposed to high levels of the chemical throughout their lifetime. Studies of workers exposed to PCBs raise concerns that these chemicals can cause cancer in people, but the information is not adequate to prove that this is the case.

**Mercury** is a metal that occurs naturally in the environment and can also get into the environment from human activity. Most of the mercury that accumulates in fish is an organic form called methylmercury. Fish that live longer and eat other fish tend to have more methylmercury than do smaller fish.

Health concerns: Methylmercury 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. People who ate fish that contained large amounts of methylmercury had permanent damage to the brain, kidneys and fetus. Some research on populations that eat a large amount of fish finds that methylmercury can affect children's memory, attention and language development. Other research on a different population that also eats large amounts of fish has not found such effects.

**Chlordane, DDT, dieldrin and mirex** are all man-made organochlorine chemicals that were once used as insecticides. Mirex was also used as a flame retardant in a number of materials. Although these chemicals have been banned in the United States since the 1970s (with the exception that chlordane and dieldrin, which were allowed for termite control until the 1980s), they are very persistent in the environment and accumulate in the fat of fish and other animals. Thus, these chemicals can still be found as fish and game contaminants.

Health concerns: Chlordane, DDT, dieldrin and mirex can cause effects on the nervous system and the liver in laboratory animals. Chlordane, DDT and dieldrin have also caused effects on the nervous system of people. Some of these chemicals can also cause effects on the kidneys, the thyroid gland and on reproduction in animals and people. The levels of exposure that caused these effects are typically much higher than would likely occur from eating fish containing these chemicals. Chlordane, DDT, dieldrin and mirex also caused cancer in laboratory animals exposed to high levels over their lifetimes. Whether these chemicals cause cancer in people is not known.

**Dioxins** (polychlorinated dibenzo-p-dioxins or PCDDs) and furans (polychlorinated dibenzofurans or PCDFs) are two closely related families of chemicals. Some dioxins and furans are unwanted byproducts of manufacturing and also come from the smoke or ash of motor vehicles, municipal waste incinerators, wood fires and trash burning. Dioxins and furans are very persistent in the environment and accumulate in the fat of fish and other animals. Thus, these chemicals are fish contaminants.

Health concerns: Most of what we know about dioxins and furans come from one particular dioxin, but many of these chemicals are likely to cause similar health effects. Dioxins and furans have been associated with causing skin effects as well as changes in reproductive hormone levels and indicators of liver function in people. Weaker evidence suggests that these chemicals can also cause a number of other health effects in people. Such effects include an association between a mother's exposure and effects on her child's nervous system, hormone levels and immune system. Some dioxins have been shown to cause cancer in laboratory animals exposed to high levels of the chemicals throughout their lifetime. The available human studies provide strong evidence of an association between exposure to one dioxin (2,3,7,8-tetrachlorodibenzo-p-dioxin) and cancer.

**Cadmium** is a naturally-occurring metal found in small amounts in soil and water. Cadmium is used in many industrial operations and in consumer products such as paints, plastics and batteries. Cadmium also occurs in foods (especially fruits, vegetables and cereals) and tobacco. Cadmium can also be found in fish and shellfish from some waters.

Health concerns: Cadmium accumulates in the body, mainly in the kidneys, with continued exposure. Some people with long-term cadmium exposure have had effects on their kidneys, bones and blood.

**Lead** can be found in fishing tackle (especially sinkers and jig heads).

Health concerns: Lead can cause health problems when it builds up in the body. Because the unborn baby and young child are at the greatest risk, it is particularly important for pregnant women, women of childbearing age and young children to minimize their lead exposures. Lead poisoning can slow a child's physical growth and mental development and can cause behavior and other nervous system problems, reproductive problems, kidney and liver damage, blindness and even death in both adults and children.

To reduce exposure to the lead in these products, you should:

- Keep all lead objects away from young children (young children often put their hands and objects in their mouth).
- Wash hands with soap and water after holding or using lead sinkers and jig heads.
- Never put lead sinkers in your mouth. This includes biting down on lead sinkers.
- Never eat, drink, or smoke immediately after handling lead sinkers, wash hands first.
- Take proper precautions when melting lead and pouring sinkers at home.

Consider non-lead alternatives. NYS DOH recommends that non-lead fishing sinkers and lures be used whenever possible. NYS DEC encourages anglers to use non-lead alternatives for sinkers and jig heads to reduce the risk of lead poisoning to birds. New York State law prohibits the sale of lead fishing sinkers (including "split shot") weighing one-half ounce or less. More information is provided on the NYS DEC website [www.dec.ny.gov/outdoor/9223.html](http://www.dec.ny.gov/outdoor/9223.html).

## **Good Sanitary Practices — Bacteria, Viruses and Parasites in Fish**

Fish can be contaminated with bacteria, viruses or parasites that can cause illness. Avoid directly handling fish when you have cuts or open sores on your hands. You should harvest fish that act and look healthy, and follow good sanitary practices when preparing them. We recommend that you wear nitrile, rubber or plastic protective gloves while filleting or skinning. We also recommend that you remove intestines soon after harvest, don't eat intestines and avoid direct contact with intestinal contents. Hands, utensils and work surfaces should be washed before and after handling any raw food, including fish. Fish should be kept cool (with ice or refrigerated below 45°F or 7°C) until filleted and then should be refrigerated or frozen.

## **Advice on Eating Raw or Partially Cooked Fish and Shellfish**

Foods of animal origin, such as pork, poultry, beef, dairy products, eggs, fish and shellfish, can be contaminated with bacteria, viruses or parasites that can cause illness. Persons at high risk (for example, those who are immunocompromised, suffer from liver disease or other chronic diseases) can be more susceptible to

and more severely affected by these infectious diseases. This is why we recommend that all of these foods be thoroughly cooked before eating. Government agencies and the food industry strive to minimize contamination of raw animal foods and provide healthful food products.

## **Bacteria in Clams, Oysters and Mussels**

NYS DEC routinely tests clam, oyster and mussel beds for bacteria. Based on these tests, an area may be closed to shellfish harvesting. Contact NYS DEC for more information.

## **Algal Toxins in Clams, Oysters, Mussels, Scallops, Snails, Crabs and Lobsters**

Under certain environmental conditions, some types of marine algae will grow in abundance ('bloom') and produce saxitoxin, a dangerous neurotoxin. These events are generally temporary, occurring midspring to early summer in New York State waters. Because mussels, oysters, clams and scallops filter feed they can concentrate the saxitoxin in their body tissues. Carnivorous snails (conch, whelks and moon snails) can accumulate dangerous levels of the toxin as they feed on contaminated shellfish.

Eating foods contaminated with saxitoxin can cause paralytic shellfish poisoning (PSP), which affects the nervous system and in severe cases can lead to paralysis, respiratory failure and death. Saxitoxin cannot be removed through cooking. If consumption of saxitoxin is suspected, seek medical attention immediately.

NYS DEC monitors shellfish for saxitoxin, and temporarily closes harvest in areas with elevated levels of saxitoxin. Do not harvest or eat clams, oysters, mussels, scallops or carnivorous snails (conch, whelks, and moon snails) from areas closed to shellfish harvest due to saxitoxin.

NYS DOH advises that people not eat the soft green material (mustard, tomalley, liver or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants as well as toxins produced by some marine algae concentrate there. Because contaminants may be transferred to cooking liquid, people should also discard crab or lobster cooking liquid.

Check the NYS DEC website at [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html) for information on shellfish harvest and at [www.dec.ny.gov/outdoor/64824.html](http://www.dec.ny.gov/outdoor/64824.html) for information on saxitoxin and other marine toxins. You can also call NYS DEC at (631) 444-0475 for information on shellfish regulations, including areas in which clam, oyster and mussel collection are permitted and at (631) 444-0480 for the latest information on emergency closures.

## **Blue-green Algae Blooms**

Blue-green algae are microscopic organisms naturally present in lakes and streams. They can become very abundant in warm, shallow, undisturbed surface water, forming 'blooms' (often called algal blooms) that discolor the water or form scums on the water surface. Some blue-green algae produce toxins that could pose a health risk to people, pets and livestock when they are exposed to them in large enough quantities. Therefore, you should avoid all water contact (including swimming, wading and fishing) in areas where you can see algal blooms, and don't eat fish caught in areas with visible algal blooms. Rinse exposed skin with clean water if you contact algal blooms. For more information on algal blooms go to NYS DEC's website [www.dec.ny.gov/chemical/77118.html](http://www.dec.ny.gov/chemical/77118.html) and for more information on potential health effects go to the NYS DOH website [www.health.ny.gov/environmental/water/drinking/bluegreenalgae.htm](http://www.health.ny.gov/environmental/water/drinking/bluegreenalgae.htm)

## **Deformed or Abnormal Fish**

The health implications of eating deformed or abnormal fish are unknown. Any obviously diseased fish (marked by tumors, lesions or other abnormal condition of the fish skin, meat or internal organs) should be discarded.

## **Botulism in Fish**

In recent years, large numbers of some species of Lake Erie fish and waterfowl have been found dead, sick and dying, many of them as a result of botulism poisoning. The botulism poison is produced by *Clostridium botulinum*, a bacterium that is common in the environment and can produce harmful levels of botulism poison under some conditions. This poison has been found in some of the affected fish and waterfowl. The botulism poison can cause illness and death if eaten by humans or animals. Cooking may not destroy the botulism poison. This problem may also occur in other waters, and we don't know whether all or only some fish and waterfowl species can be affected. NYS DEC continues to monitor and investigate this problem.

No human cases of botulism poisoning have been linked to these events. However, as a precaution, do not eat any fish or game if they are found dead or dying, act abnormally or seem sick. If you must handle dead or dying fish, birds or other animals, cover your hands with disposable nitrile, rubber or plastic protective gloves or a plastic bag.

## Advice on Contaminants in Game

NYS DOH also issues advisories about eating certain game. The primary contaminants of concern in waterfowl are PCBs, mirex, chlordane and DDT; and PCBs are the main concern in snapping turtles.

**Snapping Turtles** - Snapping turtles retain contaminants in their fat, liver, eggs and, to a lesser extent, muscle. If you choose to consume snapping turtles, you can reduce your exposure by carefully trimming away all fat and discarding the fat, liver and eggs prior to cooking the meat or preparing soup. Women of childbearing age, infants and children under the age of 15 should AVOID EATING snapping turtles or soups made with their meat. (Contaminant: PCBs)

**Wild Waterfowl** - Mergansers are the most heavily contaminated waterfowl species and should NOT BE EATEN. EAT UP TO TWO MEALS A MONTH of other wild waterfowl; you should skin them and remove all fat before cooking, and discard stuffing after cooking. Wood ducks and Canada geese are less contaminated than other wild waterfowl species and diving ducks are more contaminated than dabbling ducks. (Contaminants: PCBs, mirex, chlordane, DDT)

Recent data indicate that waterfowl residing in the Hudson River between Hudson Falls and Troy have higher PCB levels than waterfowl from other portions of the Hudson River and are likely to have higher PCB levels than waterfowl from other areas of the state. To help reduce PCB exposures, you may want to harvest your waterfowl from other locations on the Hudson River or in other areas of New York State, particularly during the early season when many of the available birds are likely to be resident waterfowl (i.e., non-migratory). Because PCBs may have a greater effect on young children or the unborn child, it is particularly important for women under 50 and children under 15 to minimize their PCB exposures.

## Lead in Shot and Bullets

The use of lead shot for waterfowl hunting is prohibited in New York State, and waterfowl hunters are required to use NYS DEC approved non-lead shot alternatives. Remove all bullets, slugs, shot, lead fragments and affected meat (including feathers, fur, debris, etc.) from game when preparing it for consumption. Studies indicate that lead shot can contaminate game meat. Thus, people who eat game harvested with lead shot may be exposed to lead. This is of greatest concern for young children because they are particularly susceptible to the toxic effects of lead. You may want to consider using non-lead shot alternatives to hunt other small game as well. More information on lead shot alternatives is provided on the NYS DEC website at [www.dec.ny.gov/outdoor/48420.html](http://www.dec.ny.gov/outdoor/48420.html)

Small lead fragments can be present in venison from deer harvested with lead bullets. Some bullets shatter into small pieces that can be too small to detect by sight, feel, or when chewing the meat. For advice on how to eliminate or reduce the potential risk of consuming lead fragments go to the NYS DEC website at [www.dec.ny.gov/outdoor/48420.html](http://www.dec.ny.gov/outdoor/48420.html). If you have any questions regarding how to reduce the amount of lead in venison, please contact your NYS DEC Regional Wildlife Office. For questions about potential health effects from lead, call NYS DOH at (518) 402-7800 or toll free at (800) 458-1158. Studies have shown that people can be exposed to lead from shooting at indoor and outdoor firing ranges. For additional information on how to minimize your exposure to lead, call the NYS DOH at (518) 402-7800 or toll free at (800) 458-1158.

## Good Sanitary Practices Bacteria, Viruses and Parasites in Game

Game and other meats can be contaminated with bacteria, viruses or parasites that can cause illness. Avoid directly handling game when you have cuts or open sores on your hands. You should harvest game that act and look healthy, and follow good sanitary practices when preparing them. We recommend that you wear nitrile, rubber or plastic protective gloves while field dressing, skinning or butchering.

We also recommend that you remove intestines soon after harvest, don't eat intestines and avoid direct contact with intestinal contents. Hands, utensils and work surfaces should be washed before and after

handling any raw food, including game meat. Game should be kept cool (with ice or refrigerated below 45°F or 7°C) until butchered and then should be refrigerated or frozen. Some hunters prefer to hang big game for several days before butchering; this should not be done unless the game can be kept at temperatures consistently below 45°F. Game birds and other types of wild game meat should be cooked to an internal temperature (in the thickest part) of 165°F (74°C).

In 2008 the NYS Department of Agriculture and Markets discovered a type of tuberculosis (TB) bacterium (*Mycobacterium bovis*) infecting a captive deer in Columbia County. This bacterium causes TB in cattle and can spread to other species, including humans. Although this infection has not been found in any other deer at this point, when field dressing deer, hunters should follow good sanitary practices and should be alert to abscesses in the lungs and rib cage, intestines, liver or stomach. Anyone seeing these signs or other unusual lesions in deer should contact the NYS DEC at (518) 402-8965.

## **Advice on Eating Raw or Partially Cooked Meats**

Foods of animal origin, such as pork, poultry, beef, dairy products, eggs, fish and shellfish, can be contaminated with bacteria, viruses or parasites that can cause illness. Persons at high risk (for example, those who are immunocompromised, suffer from liver disease or other chronic diseases) can be more susceptible to and more severely affected by these infectious diseases. This is why we recommend that all of these foods be thoroughly cooked before eating. Government agencies and the food industry strive to minimize contamination of raw animal foods and provide healthful food products.

## **Botulism in Waterfowl**

In recent years, large numbers of some species of Lake Erie fish and waterfowl have been found dead, sick and dying, many of them as a result of botulism poisoning. The botulism poison is produced by *Clostridium botulinum*, a bacterium that is common in the environment and can produce harmful levels of botulism poison under some conditions. This poison has been found in some of the affected fish and waterfowl. The botulism poison can cause illness and death if eaten by humans or animals. Cooking may not destroy the botulism poison. This problem may also occur in other waters, and we don't know whether all or only some fish and waterfowl species can be affected. NYS DEC continues to monitor and investigate this problem.

No human cases of botulism poisoning have been linked to these events. However, as a precaution, do not eat any fish or game if they are found dead or dying, act abnormally or seem sick. If you must handle dead or dying fish, birds or other animals, cover your hands with disposable nitrile, rubber or plastic protective gloves or a plastic bag.

## **Rabies and Chronic Wasting Disease (CWD)**

Rabies and Chronic Wasting Disease (CWD) are two diseases that can cause abnormal behavior in deer. Rabies can be found in any mammal (especially raccoons, bats, skunks and foxes) and is found only occasionally in New York State deer. CWD is a disease of deer and elk. In 2005, CWD was found for the first time in captive and wild white-tailed deer in New York State. This disease has been present for several years in some deer or elk from several Western and mid-Western states and some Canadian provinces.

Rabies is a viral infection which causes a rapidly progressive disease of the animal's nervous system that leads to paralysis and death, usually within several days after signs of the disease first appear. Rabid deer may seem to lose their normal fear of humans, appear to have injured hind legs, salivate excessively, or be found lying on the ground struggling. Rabies can be transmitted from infected mammals to humans by exposure to infected tissues, particularly nervous tissue and saliva. Treatment can prevent rabies from developing in exposed humans. Rabies is almost always fatal in exposed humans who develop the disease. Thorough cooking will inactivate the rabies virus (see "Good Sanitary Practices - Bacteria, Viruses and Parasites in Game" on page 40, but meat from infected game should not be eaten. Hunters should be aware that deer with rabies might have symptoms similar to CWD.

CWD is a brain infection of deer and elk that leads to loss of body functions, poor body condition and abnormal behavior such as staggering or very poor posture. It eventually leads to the death of the animal. CWD appears to be caused by abnormal, infectious proteins called prions. There is currently no evidence that CWD is linked to disease in people. Cooking does not destroy the CWD prion.

The following precautions are recommended to minimize the risk of transmission of infectious diseases when handling or processing animals:

- Do not handle or eat deer or other game that appear sick, act strangely, or are found dead.
- Wear nitrile, rubber or latex gloves when field dressing game.
- Avoid handling or cutting through the skull or spinal cord. Use separate dedicated knives, saws and cutting boards to butcher deer, particularly if you cut through the spinal cord or skull (such as when removing antlers). Do not use regular kitchen utensils. Wash thoroughly with soap and water any knives, butchering tools, work surfaces, hands and any other part of the body that has been exposed to animal tissue, blood, urine or feces. Equipment should then be rinsed with boiling (212°F) water or sanitized with a chemical sanitizer.
- As an additional precaution against CWD, you can soak cleaned knives and tools for one hour in a fresh solution of household chlorine bleach (unscented) mixed with an equal amount of water (for example, 1 quart bleach with 1 quart of water), air dry, then rinse with clean water. Wipe down cleaned counters and other surfaces with the bleach solution and allow them to air dry.
- Warning: When handling bleach, wear nitrile, rubber or latex gloves and avoid getting bleach in eyes or on skin or clothing. If bleach contacts eyes, skin, or clothing, immediately wash affected area with water and remove affected clothing. Make sure that enough fresh air is available because bleach may cause eye, nose, or throat irritation.
- Should you decide to take the skull cap (with antlers), make sure to thoroughly clean the skull cap, utensils and work surfaces with bleach solution, as described above.
- Avoid handling the brain and spinal tissues or fluids, saliva and mouth parts of game animals. If these tissues or fluids are handled, wash hands thoroughly with soap and water. If these tissues or fluids make contact with a person's eyes, nose, mouth, or fresh open breaks in a person's skin, contact the local health department to see if rabies exposure may have occurred and whether the animal should be tested for rabies.
- If possible, request that the meat from your deer be processed separately, without adding other hunters' deer meat.
- The brain, spinal cord and other nervous tissue, spleen, pancreas, eyes, tonsils, and lymph nodes of game may have CWD prions, and additional organs (liver, kidney, heart and salivary glands) may pose a risk of infection for a number of diseases. Normal field dressing will eliminate most of these organs and tissues. Lymph nodes can be eliminated by boning out the meat and carefully trimming the fat and connective tissue. Although no current evidence links CWD to human health, out of an abundance of caution, we recommend that people not consume a known or suspect CWD positive animal.

For additional information about CWD and rabies, visit the NYS DOH Website at [www.health.ny.gov/diseases/communicable/zoonoses/](http://www.health.ny.gov/diseases/communicable/zoonoses/)

For an update on CWD testing in New York State and for information on wild deer, visit the NYS DEC website at [www.dec.ny.gov/animals/7191.html](http://www.dec.ny.gov/animals/7191.html). For information on captive deer, visit the NYS Department of Agriculture and Markets website at <http://www.agriculture.ny.gov/AI/cwd.html>

## Alphabetic Listing of Waterbodies with Advisories

REGION	PAGE
WEST – Western	5
FL – Finger Lakes	7
SL – St. Lawrence Valley	9
ADK – Adirondack 	11
LE/C – Leatherstocking/Central	17
CAT – Catskill 	18
HV/CD – Hudson Valley/Capital District	20
HR – Hudson River	28
NYC – New York City	30
LI-M – Long Island - Marine	33
LI-F – Long Island - Freshwater	35



<b>Waterbody</b>	<b>Region</b>	<b>Waterbody</b>	<b>Region</b>
Amawalk Reservoir	HV/CD	Fresh Pond (Hither Hills State Park)	LI-F
Arthur Kill	NYC	Gardiners Bay	LI-M
Ashokan Reservoir	CAT	Goodyear Lake	LE/C
Atlantic Ocean/Long Island South Shore	NYC, LI-M	Grant Park Pond	LI-F
Beaver Lake	ADK	Grass River	SL
Beaver River	ADK	Great Sacandaga Lake	ADK
Big Moose Lake	ADK	Halfmoon Lake	ADK
Block Island Sound	LI-M	Hall's Pond	LI-F
Blue Mountain Lake	ADK	Harlem River	NYC
Bog Brook Reservoir	HV/CD	Herrick Hollow Creek	CAT
Boyd Corners Reservoir	HV/CD	High Falls Pond	ADK
Breakneck Pond	HV/CD	Hinckley Reservoir	ADK, LE/C
Brown Tract Ponds (Lower and Upper)	ADK	Hoosic River	HV/CD
Buffalo River and Harbor	WEST	Hudson River	HR
Canada Lake	ADK	Indian Lake (Town of Diana/Fort Drum)	ADK
Canadice Lake	FL	Indian Lake (Towns of Indian Lake and Lake Pleasant)	ADK
Cannonsville Reservoir	CAT	Irondequoit Bay	FL
Carry Falls Reservoir	ADK	Jamaica Bay	NYC, LI-M
Cayuga Creek	WEST	Kill Van Kull	NYC
Chase Lake	ADK	Kinderhook Lake	HV/CD
Chenango River	FL, LE/C	Kings Flow	ADK
Chodikee Lake	CAT	Koppers Pond	FL
Cranberry Lake	ADK	Lake Algonquin	ADK
Crane Pond	ADK	Lake Capri	LI-F
Cross River Reservoir	HV/CD	Lake Champlain	ADK, SL
Dart Lake	ADK	Lake Durant and Rock Pond (Town of Indian Lake)	ADK
Delaware Park Lake/Hoyt Lake	WEST	Lake Eaton	ADK
Diverting Reservoir	HV/CD	Lake Erie	WEST
Dunham Reservoir	HV/CD	Lake Ontario	FL, SL, WEST
Dyken Pond	HV/CD	Lewey Lake	ADK
East Branch Reservoir	HV/CD	Lewiston Reservoir/Power Reservoir	WEST
East River	NYC	Limekiln Lake	ADK
East/Middle Stoner Lake	ADK	Lincoln Pond	ADK
Effley Falls Pond	ADK	Loch Sheldrake	CAT
Eighteenmile Creek	WEST	Lofts Pond	LI-F
Elmer Falls Pond	ADK	Long Island Sound	NYC, LI-M
Erie Canal	WEST	Long Lake (Town of Long Lake)	ADK
Fall Lake	ADK	Long Pond (Town of Croghan)	ADK
Ferris Lake	ADK	Lower and Upper Sister Lakes	ADK
Forked Lake	ADK	Lower New York Bay	NYC
Fourth Lake of Fulton Chain	ADK	Lower Saranac Lake	ADK
Francis Lake	ADK	Massapequa Reservoir, upstream of Long Island Railroad	LI-F
Franklin Falls Flow/Pond	ADK	Massena Power Canal	SL
Freeport Reservoir	LI-F		



## Alphabetic Listing of Waterbodies with Advisories continued

Waterbody	Region
Meacham Lake	ADK
Mohawk River	LE/C
Moshier Reservoir	ADK
Nassau Lake	HV/CD
Neversink Reservoir	CAT
Newark Bay	NYC
Niagara River	WEST
North Lake (Town of Ohio)	ADK
North-South Lake	CAT
Onondaga Lake	FL
Osgood Pond	ADK
Oswego River	SL
Peconic Bay	LI-M
Pepacton Reservoir	CAT
Pine Lake	ADK
Polliwog Pond	ADK
Raquette Lake	ADK
Raritan Bay	NYC
Red Lake	SL
Ridders Pond	LI-F
Rio Reservoir	CAT, HV/CD
Rollins Pond	ADK
Rondout Creek (tidal portion)	HR
Rondout Reservoir	CAT
Round Pond (Town of Long Lake)	ADK
Rushford Lake	FL
Russian Lake	ADK
Sacandaga Lake	ADK
Salmon River	SL
Salmon River Reservoir	SL
Sand Lake (Town of Arietta)	ADK
Sauquoit Creek	LE/C
Saw Mill River	HV/CD
Schoharie Reservoir	CAT
Schroon Lake	ADK
Seneca River	FL
Sheldrake River	HV/CD
Skaneateles Creek	FL
Smith Pond (Rockville Centre)	LI-F
Smith Pond (Roosevelt Park)	LI-F

Waterbody	Region
Soft Maple Dam Pond	ADK
Soft Maple Reservoir	ADK
South Pond (Town of Long Lake)	ADK
Spring Lake (Middle Island)	LI-F
Spy Lake	ADK
St. Lawrence River	SL
Stark Falls Reservoir	ADK
Stillwater Reservoir	ADK
Sunday Lake	ADK
Susquehanna River	FL, LE/C, CAT
Swinging Bridge Reservoir	CAT
Threemile Creek	LE/C
Titicus Reservoir	HV/CD
Tupper Lake	ADK
Unadilla River	LE/C
Union Falls Flow/Pond	ADK
Upper Chateaugay Lake	ADK
Upper New York Bay	NYC
Upper Twin Pond	LI-F
Valatie Kill	HV/CD
Weller Pond	ADK
West Branch Reservoir	HV/CD
Whitney Park Pond	LI-F
Willis Lake	ADK
Woods Lake	ADK

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 See p. 11 and 18 for Special Advice for Women and Children for all waters NOT listed in the Adirondack and Catskill Regions

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Hudson River: Health Advice on Eating Fish You Catch (BROCHURE)	2794	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
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Look for this icon that highlights special advice for women and children.

## What's New

### **Advisory changes for the Hudson River and the Adirondacks.**

New advice about walleye from the Hudson River and tidal Rondout Creek. Recent data show higher levels of PCBs in walleye from these waters.

In Adirondack waters, new advice for men over 15 and women over 50 about lake trout in Raquette and Forked Lakes and chain pickerel in Lake Algonquin.

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New York State Department of Health  
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### **New York State Fishing: fresh and marine waters**

New York State Department of Environmental Conservation  
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