



## Northern CA Health Education Materials on Contaminants in Fish




Federal, state and local agencies have issued health advisories that recommend limiting or avoiding consumption of fish known to be high in mercury and other chemicals. The California Department of Health Services has various health education materials available at no cost to assist in getting a balanced message out to the public about eating fish safely. Order now – supplies are limited!

### Advice on Mercury in Fish for Women and Children

<p><b>Item #1: Mercury in Fish Handout (8.5"x11")</b> Two page handout providing safety guidelines for women and children on eating fish bought from stores or restaurants and fish caught by family and friends. Available in English, Chinese, Spanish and Vietnamese. <b>Only available by e-mail as a PDF file for you to print.</b></p> 	<p><b>Item #2: Mercury in Fish Postcard (9"x5.5")</b> Developed by CA WIC Supplemental Nutrition Branch. Low-literacy color postcard describing guidelines for women and children on eating fish bought from stores or restaurants and fish caught by family and friends. Available in English, Cambodian, Chinese, Hmong, Korean, Lao, Mien, Spanish, Russian, Tagalog, and Vietnamese.</p> 
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### Area Based Advisories

Health advisories are issued for areas where levels of chemicals may pose health concerns. The following materials are for Northern California only. See [www.oehha.ca.gov](http://www.oehha.ca.gov) for a full listing.

<p><b>Item #3: Delta Advisory Poster (13.75"x36")</b> Low-literacy color poster describing the Delta health advisory on fish caught by family or friends. Available in English, Cambodian, Hmong, Lao, Mien, Russian, Spanish and Vietnamese.</p> 	<p><b>Item #4: Delta Advisory Postcard (8"x5.5")</b> Low-literacy color postcard describing the Delta health advisory on fish caught by family or friends. Available in English, Cambodian, Hmong, Lao, Mien, Spanish, Russian, Tagalog and Vietnamese.</p> 
<p><b>Item #5: San Francisco Bay Advisory Postcard (8"x5.5")</b> Low-literacy color postcard describing the San Francisco Bay health advisory on fish caught by family and friends. Available in English, Cambodian, Chinese, Korean, Lao, Russian, Samoan, Spanish, Tagalog, Tongan and Vietnamese.</p> 	<p><b>Item #6: Frequently Asked Questions (FAQ) About Mercury in Fish: Resource Guide for Social Service and Health Care Providers</b> An easy-to-use resource guide for <b>social service and health care providers</b>. Offers answers to frequently asked questions about mercury exposure, health effects, and how to eat fish safely. Lists additional resources and existing fish consumption advisories for <b>Northern California</b> only. Available in English only. Not recommended for public distribution.</p>

### Advisory Warning Signs

<p><b>Item #7: San Francisco Bay Advisory Warning Sign (24"x18")</b> Low-literacy warning sign made of flexible plastic for posting at fishing sites. Describes the San Francisco Bay health advisory on fish caught by family and friends. Languages included on sign: English, Cambodian, Chinese, Lao, Spanish, Tagalog, and Vietnamese.</p> 	<p><b>Item #8: Delta Advisory Warning Sign</b> Low-literacy warning sign. Describes the Delta health advisory on fish caught by family and friends. Two versions available. Larger 24"x18" sign made of rigid plastic for posting at fishing sites and smaller 18"x12" laminated sign for indoor use. Languages included on sign: English, Cambodian, Chinese, Hmong, Lao, Russian, Spanish, and Vietnamese.</p> 
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# Northern CA Health Education Materials on Contaminants in Fish Order Form

To order, please complete the form below and fax to 510-620-3720 or mail to:  
Attn: May Lynn Tan, Delta Watershed Fish Project, DHS/EHIB,  
850 Marina Bay Parkway, Bldg. P, 3<sup>rd</sup> Floor, Richmond, CA 94804-6403

Name \_\_\_\_\_ Organization \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**#1: Mercury in Fish Handout.** *Only available by e-mail as a PDF file for you to print.*  
Check languages requested. Make sure to write your email address above.

English \_\_\_\_\_ Chinese \_\_\_\_\_ Spanish \_\_\_\_\_ Vietnamese \_\_\_\_\_

**#2 WIC Postcard.** Please indicate the quantities you are requesting (max per language is 150).

English \_\_\_\_\_ Cambodian \_\_\_\_\_ Chinese \_\_\_\_\_ Hmong \_\_\_\_\_ Korean \_\_\_\_\_ Lao \_\_\_\_\_  
Mien \_\_\_\_\_ Spanish \_\_\_\_\_ Russian \_\_\_\_\_ Tagalog \_\_\_\_\_ Vietnamese \_\_\_\_\_

**#3 Delta Poster.** Please indicate the quantities you are requesting (max per language is 150).

English \_\_\_\_\_ Cambodian \_\_\_\_\_ Hmong \_\_\_\_\_ Lao \_\_\_\_\_ Mien \_\_\_\_\_  
Russian \_\_\_\_\_ Vietnamese \_\_\_\_\_ *(Spanish is no longer available – out of print)*

**#4 Delta Postcard.** Please indicate the quantities you are requesting (max per language is 150).

English \_\_\_\_\_ Cambodian \_\_\_\_\_ Hmong \_\_\_\_\_ Lao \_\_\_\_\_ Mien \_\_\_\_\_  
Spanish \_\_\_\_\_ Russian \_\_\_\_\_ Tagalog \_\_\_\_\_ Vietnamese \_\_\_\_\_

**#5 SF Bay Postcard.** Please indicate the quantities you are requesting (max per language is 100)

English \_\_\_\_\_ Cambodian \_\_\_\_\_ Chinese \_\_\_\_\_ Korean \_\_\_\_\_ Lao \_\_\_\_\_  
Russian \_\_\_\_\_ Samoan \_\_\_\_\_ Spanish \_\_\_\_\_ Tagalog \_\_\_\_\_ Tongan \_\_\_\_\_ Vietnamese \_\_\_\_\_

**#6 FAQ Resource Guide.** Please indicate the quantity you are requesting.

English \_\_\_\_\_ (limited supply, not recommended for public distribution, max per order is 5)

**#7 SF Bay Warning Sign.** Please indicate the quantity you are requesting.

\_\_\_\_\_ (max per order is 20)

**#8 Delta Warning Sign.** Please indicate the quantity you are requesting. For larger, outdoor 24"x18" sign, contact May Lynn Tan at [mtan@dhs.ca.gov](mailto:mtan@dhs.ca.gov)

18"x12" \_\_\_\_\_ (max per order is 5)

**For our own tracking purpose, we would appreciate your answers to the following questions:**

1. Where will you be distributing these materials? \_\_\_\_\_

2. What populations will be receiving these materials (i.e. low-income, pregnant women, etc)? \_\_\_\_\_