

**Health Advisory for Fish from Lake Natoma (including nearby creeks and ponds)
and the Lower American River
Fish Consumption Guidelines***

Type of Fish	Women of childbearing age and children age 17 and younger Eat No More Than:	Women beyond childbearing years and men Eat No More Than:
Channel Catfish All Bass White Catfish Pikeminnow Sucker Bluegill Sunfish Other Sport Fish Species	DO NOT EAT Once a Month Once a Month Once a Month Once a Month Once a Week Once a Week Once a Week	Once a Month Once a Month Once a Week Once a Week Once a Week 3 Times a Week 3 Times a Week 3 Times a Week

***MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS.** If guidelines are not already in place for the water body where you fish, women of childbearing age and children aged 17 and younger should eat no more than one sport fish meal per week and women beyond childbearing age and men should eat no more than three sport fish meals per week from any location.

EAT SMALLER FISH OF LEGAL SIZE. Fish accumulate mercury as they grow.

DO NOT COMBINE FISH CONSUMPTION ADVICE. If you eat multiple species or catch fish from more than one area, the recommended guidelines for different species and locations should not be combined. For example, if you eat a meal of fish from the one meal per month category, you should not eat another fish species containing mercury for at least one month.

SERVE SMALLER MEALS TO CHILDREN. MEAL SIZE IS ASSUMED TO BE 8 OUNCES FOR A 160-POUND ADULT. If you weigh more or less than 160 pounds, add or subtract 1 oz to your meal size, respectively, for each 20-pound difference in body weight.