

OREGON FISH ADVISORIES

Fish are a nutritious, low-fat source of protein. However, fish in some Oregon waters have contaminants that may be harmful to you and your family. Please consult the recommendations below for fish consumption guidelines. For more information call the Oregon Department of Human Services at (971) 673-0440 or visit their Web site at <http://www.oregon.gov/DHS/ph/entox>. Please note: Not all of Oregon's waters have been sampled for contaminants in fish.

| WATERBODY | CONTAMINANT | CONSUMPTION RECOMMENDATIONS |
|--|--|---|
| Antelope Reservoir (SE Zone) | Very high mercury levels All species | VERY HIGH MERCURY LEVELS <ul style="list-style-type: none"> Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters. Healthy adults should eat no more than one 8-ounce serving per month |
| Columbia River - from Bonneville Dam upstream to Ruckel Creek (Columbia River Zone) | PCB levels Smallmouth bass (no more than one 8-ounce serving per month) | |
| Columbia Slough (Willamette Zone) | PCB levels All resident species (no more than two 8-ounce servings per month) | HIGH MERCURY LEVELS <ul style="list-style-type: none"> Children under 6 should eat no more than one 4-ounce serving every two months. Women of childbearing age should eat no more than one 8-ounce serving every month. Healthy adults should eat no more than one 8-ounce serving every two weeks. |
| Cooper Creek Reservoir (SW Zone) | High mercury levels All species | |
| Cottage Grove Reservoir (Willamette Zone) | Very high mercury levels All species | |
| Dorena Reservoir (Willamette Zone) | Moderate mercury levels All species | |
| East Lake (Central Zone) | High mercury levels All species | MODERATE MERCURY LEVELS <ul style="list-style-type: none"> Children under 6 should eat no more than one 4-ounce serving every month. Women of childbearing age should eat no more than one 8-ounce serving every two weeks. Healthy adults should eat no more than one 8-ounce serving every week. |
| Emigrant Reservoir (SW Zone) | Very high mercury levels All species except rainbow trout | |
| Galesville Reservoir (SW Zone) | High mercury levels All species | |
| Jordan Creek (SE Zone) | Very high mercury levels All species | |
| Lower Columbia River (Columbia River Zone) | PCBs, dioxins & pesticides All resident species | |
| Owyhee Reservoir and Owyhee River-upstream to Three Forks (NE Zone) | Very high mercury levels All species | |
| Plat 1 Reservoir (SW Zone) | Moderate mercury levels All species | |
| Portland Harbor (Lower Willamette River) (Willamette Zone) Avoid eating carp, bass and catfish | PCBs, dioxins & pesticides All resident species | |
| Snake River including Brownlee Reservoir (Snake River Zone) | Moderate mercury levels All species | |
| Willamette River and Coast Fork Willamette to Cottage Grove Reservoir (Willamette Zone) | High mercury levels and PCBs, dioxins & pesticides All resident species | |

VERY HIGH MERCURY LEVELS

- Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters.
- Healthy adults should eat no more than one 8-ounce serving per month

HIGH MERCURY LEVELS

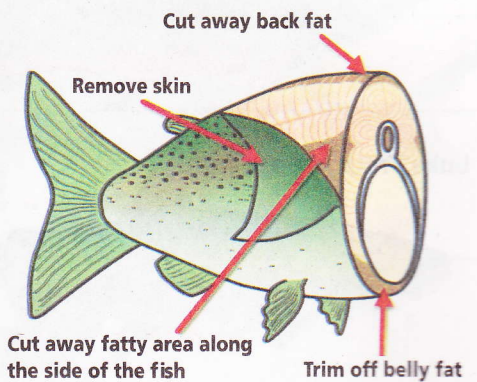
- Children under 6 should eat no more than one 4-ounce serving every two months.
- Women of childbearing age should eat no more than one 8-ounce serving every month.
- Healthy adults should eat no more than one 8-ounce serving every two weeks.

MODERATE MERCURY LEVELS

- Children under 6 should eat no more than one 4-ounce serving every month.
- Women of childbearing age should eat no more than one 8-ounce serving every two weeks.
- Healthy adults should eat no more than one 8-ounce serving every week.

PCBs, DIOXINS & PESTICIDES

- All persons should reduce or avoid eating fatty parts of fish. Exposure can be reduced by removing the skin and all fat, eggs and internal organs. See diagram below.



ONE 8-OUNCE SERVING
is about the size and thickness
of your hand.

