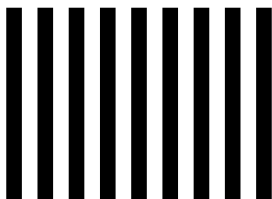


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CT DEPARTMENT OF PUBLIC HEALTH
ENVIRONMENTAL EPIDEMIOLOGY &
OCCUPATIONAL HEALTH

410 CAPITOL AVE MS# 11CHA

PO BOX 340308

HARTFORD CT 06134-0308



What About Fish From The Store?

Most fish from the store are safe to eat in moderation.

Pregnant women, women planning to have a baby, nursing mothers, and young children should follow these limits:

*** Canned Tuna and Other Seafood:**

1 to 2 meals per week.

Choose "Light Tuna" - it has less mercury than the "White" or "Chunk White" Tuna.

*** DO NOT EAT Swordfish or Shark**

These fish have mercury levels that are too high for women during pregnancy, and nursing mothers.



Remember:

Don't stop eating fish – it is a good source of protein and good for you. You can eat fish and be healthy. Following this guide will help.

This fact sheet is funded in part by funds from the Comprehensive Environmental Response, Compensation, and Liability Act trust fund through a cooperative agreement with the Agency for Toxic Substances and Disease Registry, Public Health Service, U.S. Department of Health and Human Services.

A Woman's Guide To Eating Fish Safely

Special Advice for Pregnant Women & Young Children

Locally caught fish are high in protein and good for you. However, some fish contain chemicals. Eating fish with these chemicals may affect the health of your unborn baby or young child.

If you are:

- pregnant,
- planning to have a baby within a year,
- a nursing mother,
- a child under six years old,

You should:

- eat no more than one meal of fish a month from Connecticut's rivers, lakes and streams.
- NOT eat striped bass or large bluefish from Long Island Sound.

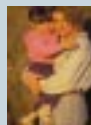


Read this brochure to find out other ways to protect your family when eating fish.

Pamphlet Based on 2003 Fish Advisory



Governor John G. Rowland
Commissioner Joxel Garcia, MD, MBA



For More Information, Contact

**Connecticut Department of Public Health
Division of Environmental Epidemiology
& Occupational Health**

410 Capitol Avenue MS # 11CHA, PO Box 340308

Hartford, CT 06134-0308

(860) 509-7742

www.dph.state.ct.us

Please help us to understand how people use the fish consumption advisory by answering the following questions. We would also like to know what you think about this brochure. Please check the correct box for your answer and fill in the blank below for more information.

How often do you eat locally (Connecticut) caught fish?
 Not at all 1 meal per month 1 meal per week more than one meal per week

As a result of reading this brochure:
 I am more aware of chemical contamination of fish in Connecticut waters and how eating locally caught fish can affect my family. yes no unsure

I will follow the guidelines for eating fish when feeding my family. yes no unsure

The brochure helped me to learn safe ways to clean and cook fish. yes no unsure

I plan on sharing the information with others. I know that eat fish. yes no unsure

The information in the brochure was easy to understand. yes no unsure

Are printed methods like this brochure useful in educating the public? yes no unsure

Please suggest additional methods: _____

I am interested in receiving more fish consumption information. yes no unsure

(If yes, please fill in below:)

Name _____

Address _____

City/State/Zip _____

Why Are These Chemicals Unhealthy?

Certain fish in Connecticut rivers, lakes and Long Island Sound contain mercury, PCBs or chlordanes.

At high enough levels, these chemicals can cause nerve and kidney damage, poor growth, and learning problems.

If you eat too much of these fish, your unborn baby may be affected. That is why it is important for pregnant women, women planning to become pregnant, and nursing mothers to follow this advice.

What Is the CT Fish Consumption Advisory?

- Advice from the Connecticut Department of Public Health.
- Tells how to safely eat fish from Connecticut's waters (rivers, ponds, lakes, and Long Island Sound).
- You can get the full Advisory free. Call (860) 509-7742 and ask for a copy of the brochure "If I Catch It, Can I Eat It?" or visit our website at www.dph.state.ct.us

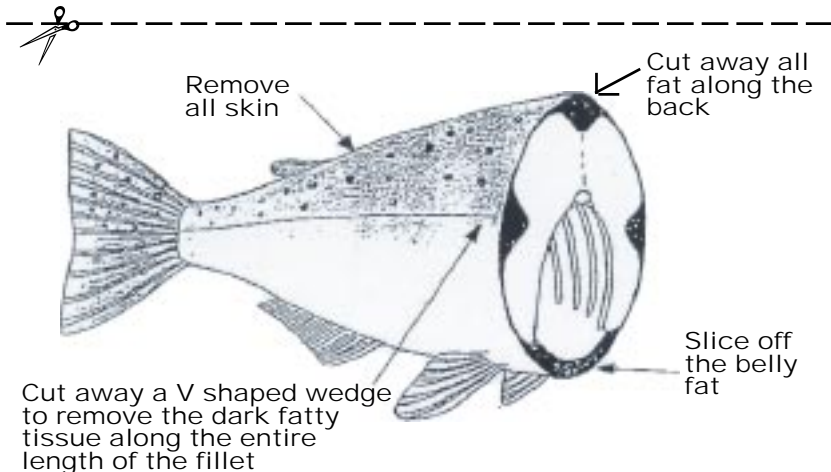


Which Fish Should I Avoid Eating?

Pregnant women, women planning to become pregnant in the next year, nursing mothers, and young children should NOT eat the following fish from the listed water sources:	
Connecticut River Carp, Catfish	Brewster Pond, Stratford Catfish, Bullhead
Housatonic River Trout, Carp, Catfish, Bass, White Perch, Bullhead	Union Pond, Manchester Bass, Carp, Catfish
Quinnipiac River (above the gorge) All species	Dodge Pond, East Lyme Bass, Pickerel
Hanover Pond, Meriden All species	Silver Lake, Meriden Bass, Pickerel
Wyassup Lake, Stonington Bass, Pickerel	Lake McDonough, Barkhamstead Bass, Pickerel
Long Island Sound and Connected Rivers Striped Bass, or any Bluefish over 25 inches Other fish from the Sound are OK to eat	

How Can I Eat Fish Safely?

1. Follow the statewide freshwater advisory (no more than one meal per month) and specific "Do Not Eat" advice shown in the table above.
2. You can eat most trout that are no bigger than 15 inches long. Do not eat trout from the Housatonic River.
3. Most saltwater fish from Long Island Sound are safe to eat, except striped bass and large bluefish.
4. When possible, eat smaller fish such as panfish (yellow perch, white suckers, sunfish).
5. Learn how to cook and clean fish. PCBs are mostly in the fatty portions of fish. To reduce PCB levels, it is very important to remove skin and other fatty parts. Cook fish on a rack (broil) so that fat can drip away from the flesh. **See diagram to the right.** These measures do not reduce mercury levels.
6. For advice about fish bought in stores, see the next section.



Remove and do not eat the organs, head, skin and the dark fatty tissue along the back bone, lateral lines and belly.