



Do you catch fish from the Hudson River?

Fish are nutritious and good to eat, but some fish have levels of chemicals that may be harmful to health. Learn how much fish is OK to eat and how to clean and cook fish to keep chemical levels low.

In general, kids under age 15 and women who plan to have children should not eat any fish from the Hudson River.

Find out more

www.health.ny.gov/hudsonriverfish

email: hrfa@health.state.ny.us

phone: (518) 402-7530; (800) 458-1158