

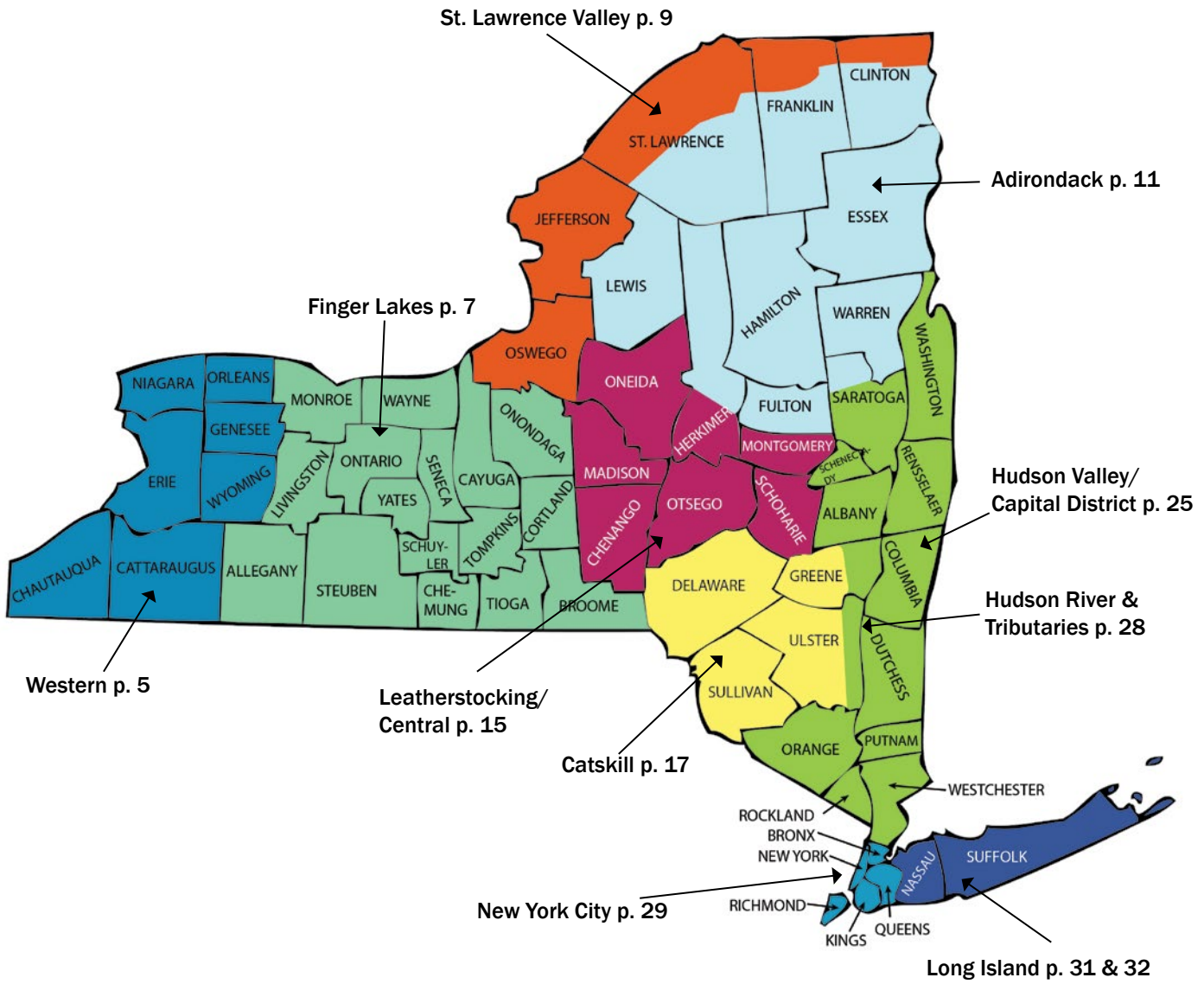
# Health Advice on Eating Sportfish and Game



**Inside:**  
*Special advice for the sensitive population*

Catch the Latest Advice

[health.ny.gov/fish](https://health.ny.gov/fish)



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# Background: Health Advice on Eating Sportfish and Game

## Why We Have Advisories

Fishing is fun and fish are an important part of a healthy diet. Fish contain high quality protein, essential nutrients, healthy fish oils, and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health.

To help people make healthier choices about which fish to eat, the New York State Department of Health (NYS DOH) issues advice about eating sportfish (fish you catch). People can get the health benefits of fish and reduce their exposures to chemicals, or contaminants, by following the NYS DOH advice. The advisories tell people which fish to avoid and how to reduce their exposures to contaminants in the fish they do eat.

Fish from fresh waters are more likely to be contaminated than fish from remote marine waters because many fresh waters are close to human activities and contamination sources. Anglers (and others who eat fish caught by friends and family) often eat fish from a limited set of waters because they tend to return to favorite fishing locations. When those fishing locations contain fish with higher contaminant levels, the people who eat them will have higher contaminant exposures.

NYS DOH also issues advice about game, such as snapping turtles and wild waterfowl. Game may also contain chemicals at levels of concern. Advice about game starts on page 37.

## Fish from Stores and Restaurants

The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the FDA and the U.S. Environmental Protection Agency (EPA) provide advice to pregnant people, people who may become pregnant, and young children about three categories of fish: “Best Choices”, “Good Choices”, and “Choices to Avoid”. The seven choices in the “Choices to Avoid” category are shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy and tilefish.

As part of a healthy diet, FDA/EPA recommends that people who are pregnant, may become pregnant and nursing mothers eat two to three servings (4 ounces each) of fish from their list of “Best Choices” or one serving per week of fish from their list of “Good Choices”, and that young children should be served one to two servings of smaller portion sizes per week.

The full FDA/EPA advisory, including lists of “Best Choices” and “Good Choices” fish and answers to frequently asked questions about mercury in fish and shellfish, can be found at [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) and [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice).

## Health Risks from Contaminants in Fish and Game

The primary contaminants of concern in New York State fish are mercury and PCBs. Other contaminants such as cadmium, chlordane, DDT, dieldrin, dioxin, mirex, and PFAS (previously referred to as PFCs) are also concerns in fish from some of the State’s waterbodies. These chemicals build up in your body over time. Health problems that may result from these contaminants range from small changes in health that are hard to detect to birth defects and cancer. People who eat highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on developing organs in young children or in unborn babies. Some chemicals may be passed on in mother’s milk. People beyond their childbearing years and those who do not bear children (the general population) face fewer health risks from contaminants than do children (see page 34 for more information on chemicals in sportfish and game).

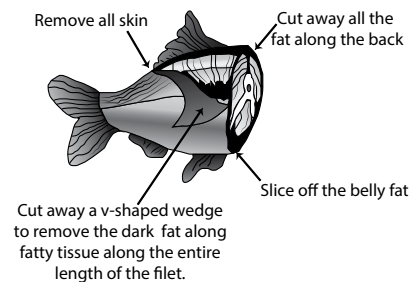
## Types of Advisories

New York is a water-rich state: 2.6 million acres of water on Lakes Erie, Ontario, and Champlain; approximately 0.75 million acres on more than 4,000 smaller lakes; 70,000 miles of streams and rivers in 15 major watersheds; 150 tidal miles of the Hudson River estuary; and 1.1 million acres of marine waters extending three miles from shore. Many species of fish are sought by anglers in these waters. To help anglers choose which fish to keep for food, NYS DOH has two types of health advice:

- (1) **General advice.** The general health advice for sportfish is that people can eat up to four, one-half pound meals a month (which should be spaced out to about a meal a week) of fish from New York State fresh waters and some marine waters near the mouth of the Hudson River. If there is no specific advice for a fresh waterbody, follow this general advice.

### We have a general advisory because:

- Fish from all waters have not been tested
  - Fish may contain unidentified contaminants
  - There are some chemicals (such as mercury and PCBs) that are commonly found in NYS fish
- (2) **Specific advice.** For some waterbodies in New York, NYS DOH issues stricter advice (eat a limited amount or none at all) because contaminant levels in some fish are higher. To be more protective, NYS DOH advises that infants, children under the age of 15, and people who can bear children (under 50) (the sensitive population) should not eat any fish from many of these waterbodies.
    - The information in this booklet will help you find where these waterbodies are located in NYS and the specific advice for what should or should not be eaten. In some cases, enough information is available to issue advice based on the length of the fish. Older (larger) fish are often more contaminated than younger (smaller) fish.
    - There is also specific advice for certain regions. For example, some fish from the Adirondack and Catskill Regions have been shown to have higher levels of mercury in their flesh than similar fish from other regions in the state.



For more information on how NYS DOH sets advisories visit [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm).

## Tips for Healthier Eating

1. To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, and larger walleye and yellow perch because these fish tend to have higher mercury levels, particularly in the Adirondack and Catskill regions.
2. To reduce exposures to PCBs, dioxin, mirex, DDT, chlordane and dieldrin, avoid or eat less American eel, bluefish, carp, lake trout, striped bass, weakfish, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.
3. PCBs, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can reduce the amount of these contaminants in a fish meal by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, and the fat along the back and under the skin (see diagram). Cooking or soaking fish cannot eliminate the contaminants, but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings to prepare sauces or gravies. These precautions will not reduce the amount of mercury or other metals. Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. The only way to reduce mercury intake is to eat less contaminated fish.
4. Choose freshwater sportfish from waterbodies for which there is no specific advice.



5. Try to space out your fish meals. For example, if the advice is that you can eat up to 4 meals/month; don't eat them all in the same week. This is particularly important for women and young children.
6. When deciding which sportfish to eat, choose smaller fish within a species since they may have lower contaminant levels. Older (larger) fish from the same species may be more contaminated than smaller fish because they have had more time to accumulate contaminants in their bodies. (But make sure to follow New York State Department of Environmental Conservation (NYS DEC) regulations about fish length).
7. Do not eat the soft 'green stuff' (mustard, tomalley, liver, or hepatopancreas) found in the body section of crab and lobster. This tissue can contain high levels of chemical contaminants, including PCBs, dioxin and heavy metals. For more information about how to reduce levels of chemicals in a crab meal, see *New York State Blue Crab Cooking and Eating Guide* ([www.health.ny.gov/publications/6502.pdf](http://www.health.ny.gov/publications/6502.pdf)).
8. Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear protective gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
9. Anglers who want to enjoy the fun of fishing but who wish to eliminate the potential risks associated with eating contaminated sportfish may want to consider catch and release fishing. Refer to the NYS DEC's *New York Freshwater Fishing Official Regulations Guide* for suggestions on catch and release fishing techniques or go to the NYS DEC website at [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

## Health Advisories by Region

The specific health advisories for the waters listed on the following tables also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish even if they move from one waterbody to another. If you are not sure about possible fish barriers near the waters where you fish, contact your local NYS DEC regional office listed on page 33. If you have questions about which advisories apply to the waters you are fishing, call the NYS DOH at (518) 402-7800 or toll free at (800) 458-1158; or e-mail us at [BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

The advisories listed in the following tables apply to New York State portions of listed waters. If you fish in waters in another state, consult that state's fish advisories, available from state health or environmental agencies, or on the internet at <http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm>.

### Don't see your waterbody listed in the following tables?

If there is no specific advice for a particular fresh waterbody, follow the general advice, which is to eat up to four one-half pound meals a month of fish. Space out the meals to about one a week.






## DEC Regulations and Places to Fish

Check the NYS DEC website for updated regulations and special restrictions for certain species:

[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

In addition, this website has a wealth of resources to help you find publicly accessible fishing sites, boat launches, and license information. It also includes information on what types of fish are found in different waterbodies across New York.

## Western Region (Map p.19)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters NOT listed (Western Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Buffalo River and Harbor (Erie)	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs
	Brown bullhead, Largemouth bass, Smallmouth bass	Up to 1 meal/month	Up to 1 meal/month	PCBs
	Rock bass, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
Cayuga Creek (Niagara)	All fish	DON'T EAT	DON'T EAT	Dioxin
Delaware Park Lake/ Hoyt Lake (Erie)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Eighteenmile Creek, upstream of Burt Dam (Niagara)	All fish	DON'T EAT	DON'T EAT	PCBs
Eighteenmile Creek, downstream of Burt Dam (Niagara)	Brown trout, Chinook salmon, Coho salmon, Rainbow trout	Up to 1 meal/month	Up to 1 meal/month	PCBs
	All other fish	DON'T EAT	DON'T EAT	PCBs
Erie Canal, between Lockport & Niagara River (Erie, Niagara)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Lake Erie (Chautauqua, Erie)	Carp	DON'T EAT	DON'T EAT	PCBs
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs
	Brown bullhead, Burbot, Rock bass, Rudd, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs





Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Western Region continued (Map p.19)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	Lake trout	Greater than 25", up to 1 meal/ month; Less than 25", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Carp	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/ month; Less than 20", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Brown bullhead, Rainbow smelt, Rock bass, White sucker, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
Lewiston Reservoir/ Power Reservoir (Niagara)	Carp	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Niagara River, downstream of Niagara Falls (Niagara)	Lake trout	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Carp	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/ month; Less than 20", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Brown bullhead, Rainbow smelt, Rock bass, White sucker, Yellow perch	Up to 4 meals/month	Up to 4 meals/ month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
Niagara River, upstream of Niagara Falls (Erie, Niagara)	Carp	DON'T EAT	DON'T EAT	PCBs
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs
	Brown bullhead, Burbot, Rock bass, Rudd, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
Scajaquada Creek (Erie)	All fish	DON'T EAT	DON'T EAT	PCBs
Waterport Reservoir/ Lake Alice (Orleans)	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs






<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.



## Finger Lakes Region (Map p.19)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters NOT listed (Finger Lakes Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Canadice Lake (Ontario)	Lake trout	Greater than 23", DON'T EAT; Less than 23", up to 1 meal/month	DON'T EAT	PCBs
	Brown trout	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Chenango River (Broome, Chenango, Madison)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Coldbrook Creek (Chemung)	All fish	DON'T EAT	DON'T EAT	PCBs
Irondequoit Bay (Monroe)	See Lake Ontario advice			
Koppers Pond (Chemung)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Carp	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Brown bullhead, Rainbow smelt, Rock bass, White sucker, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
Onondaga Lake (Onondaga)	Walleye	DON'T EAT	DON'T EAT	PCBs, Mercury, PFAS
	Largemouth bass, Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	PCBs, Mercury, PFAS
	Carp, Channel catfish, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin, Mercury, PFAS
	Brown bullhead, Pumpkinseed sunfish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury, PFAS
	All other fish (including yellow perch)	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin, Mercury, PFAS






Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Finger Lakes Region continued (Map p.19)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Owasco Lake (Cayuga)	Yellow perch	Up to 4 meals/month	Greater than 10", up to 1 meal/month; Less than 10", up to 4 meals/month	Mercury
	Smallmouth bass, Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Rainbow trout, Brown trout	Up to 4 meals/month	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	Mercury
	Rainbow smelt	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	Mercury
Rushford Lake (Allegany)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Seneca River, downstream of Lock 24 at Baldwinsville (Onondaga)	Walleye	DON'T EAT	DON'T EAT	PCBs, Mercury
	Largemouth bass, Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	PCBs, Mercury
	Carp, Channel catfish, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin Mercury
	Brown bullhead, Pumpkinseed sunfish	Up to 4 meals/month	DON'T EAT	PCBs, Mercury
	All other fish	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin Mercury
Skaneateles Creek, Skaneateles Lake Dam at Skaneateles to Seneca River (Onondaga, Cayuga)	Brown trout, Rainbow trout	Up to 1 meal/month	Up to 1 meal/month	PCBs
	All other fish	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury






Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).


<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

## St. Lawrence Valley Region (Map p.20)






 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters NOT listed (St Lawrence Valley Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Black River, Carthage State Dam to Herrings Dam (Jefferson)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Grasse River, mouth to Massena Power Canal (St. Lawrence)	All fish	DON'T EAT	DON'T EAT	PCBs
Lake Champlain, whole lake (Clinton, Washington, Essex)	All fish	Follow Adirondack Regional Advice (p. 11)		PCBs, Mercury
Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch (Clinton)	American eel , Yellow perch	DON'T EAT	DON'T EAT	PFAS
	All other fish	Follow Adirondack Regional Advice (p. 11)		PCBs, Mercury, PFAS
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Carp	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Brown bullhead, Rainbow smelt, Rock bass, White sucker, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
Massena Power Canal (St. Lawrence)	Smallmouth bass	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Oswego River, mouth to Varick Dam at Oswego (Lock #8) (Oswego)	See Lake Ontario advice			
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)	Channel catfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Red Lake (Jefferson)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies. 

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

St. Lawrence Valley Region continued (Map p.20)

 <b>Waterbody (County) <sup>1</sup></b>	 <b>Fish</b>	 <b>General Population</b>	 <b>Sensitive Population</b>	 <b>Chemicals of Concern</b>
<b>Salmon River, mouth to Salmon River Reservoir (Oswego)</b>	Smallmouth bass, White perch, White sucker	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Mirex, Dioxin
<b>Salmon River Reservoir (Oswego)</b>	Largemouth bass, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
<b>St. Lawrence River, whole river, excluding area listed below (Franklin, Jefferson, St. Lawrence)</b>	Lake trout	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Channel catfish	Up to 1 meal/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Carp	Up to 1 meal/month	DON'T EAT	PCBs, Mirex, Dioxin
	Brown trout	Greater than 20", up to 1 meal/month; Less than 20", up to 4 meals/month	Up to 1 meal/month	PCBs, Mirex, Dioxin
	Brown bullhead, Rainbow smelt, Rock bass, White sucker, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
<b>St. Lawrence River, from South Channel Bridge (including Turtle Creek Cove) downstream to north end of Raquette Point (Navigation Light Number 11) (St. Lawrence)</b>	All fish	DON'T EAT	DON'T EAT	PCBs






















<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

# Adirondack Regional Advisory

NYS DOH has issued regional advice for all waters within the Adirondack Region because the fish have been more affected by methylmercury. Everyone should follow the advice below when fishing from Adirondack waters. Check for additional specific advisories for certain waterbodies on pages 12-14.

 General Population	<b>Adirondack Regional Advisory</b>	 Sensitive Population
<b>4</b> meals a month	<div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">*Best Choice Fish*</div> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 5px;"> Black crappie</div> <div style="text-align: center; margin: 5px;"> Bluegill</div> <div style="text-align: center; margin: 5px;"> Brook trout</div> <div style="text-align: center; margin: 5px;"> Brown trout</div> <div style="text-align: center; margin: 5px;"> Bullhead</div> <div style="text-align: center; margin: 5px;"> Freshwater drum</div> <div style="text-align: center; margin: 5px;"> Rainbow trout</div> <div style="text-align: center; margin: 5px;"> Sunfish/ Pumpkinseed</div> <div style="text-align: center; margin: 5px;"> White perch</div> <div style="text-align: center; margin: 5px;"> White sucker</div> <div style="text-align: center; margin: 5px;"> Yellow perch less than 10"</div> </div> <div style="border: 1px solid black; padding: 2px; margin-top: 10px; text-align: center;">And all other fish</div>	<b>1</b> meal a month
<b>1</b> meal a month	<b>Eat Less</b> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center; margin: 5px;"> Chain pickerel</div> <div style="text-align: center; margin: 5px;"> Lake trout</div> <div style="text-align: center; margin: 5px;"> Largemouth bass</div> <div style="text-align: center; margin: 5px;"> Rock bass</div> <div style="text-align: center; margin: 5px;"> Smallmouth bass</div> <div style="text-align: center; margin: 5px;"> Walleye less than 19"</div> <div style="text-align: center; margin: 5px;"> Yellow perch greater than 10"</div> </div>	<b>0</b> DON'T EAT
<b>0</b> DON'T EAT	 Walleye greater than 19"	<b>0</b> DON'T EAT

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.






These waters and their tributaries are a few examples of where the Adirondack regional advice applies:

Blue Mountain Lake  
 Cranberry Lake  
 Forked Lake  
 Fulton Chain of Lakes  
 Great Sacandaga Lake  
 Indian Lake

Lake George  
 Lake Placid  
 Little Tupper Lake  
 Long Lake  
 Paradox Lake  
 Piseco Lake

Raquette Lake  
 Round Lake  
 Saranac Lakes  
 Schroon Lake  
 Stillwater Reservoir  
 Woodhull Lake

## Adirondack Region Specific Advisories (Map p.21)






 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters in the Adirondack Region NOT listed below	Follow Adirondack Regional Advice (p.11)			
Bubb Lake (Herkimer)	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Effley Falls Pond (Lewis)	Chain pickerel	Greater than 20", DON'T EAT; Less than 20", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Fall Lake (Hamilton)	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Ferris Lake (Hamilton)	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Franklin Falls Flow/Pond (Franklin, Essex)	Walleye	DON'T EAT	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Lake Flower (Franklin)	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Hudson River, Corinth Dam (Palmer Falls Dam) to South Glens Falls at Route 9 Bridge (Warren, Saratoga)	Carp, Channel catfish	DON'T EAT	DON'T EAT	PCBs
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Hudson River, upstream from Corinth Dam (Palmer Falls Dam) (Warren, Essex, Saratoga, Hamilton)	All fish	Follow Adirondack Regional Advice (p.11)		Mercury


Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html). 

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.






Adirondack Region continued (Map p.21)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Lake Champlain, whole lake excluding area listed below (Clinton, Washington, Essex)	All fish	Follow Adirondack Regional Advice (p.11)		Mercury, PCBs
Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch (Clinton)	American eel, Yellow perch	DON'T EAT	DON'T EAT	Mercury, PCBs, PFAS
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury, PCBs, PFAS
Lewey Lake (Hamilton)	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Lower Chateaugay Lake (Franklin)	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Meacham Lake (Franklin)	Smallmouth bass, Yellow perch	DON'T EAT	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Moshier Reservoir (Herkimer)	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
North Lake, Town of Ohio (Herkimer)	Yellow perch	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Oseetah Lake (Franklin)	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Rainbow Falls Reservoir (St. Lawrence)	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Sagamore Lake (Hamilton)	Yellow perch	Up to 1 meal/month	Greater than 10", DON'T EAT; Less than 10", up to 1 meal/month	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies. 

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Adirondack Region continued (Map p.21)






 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Salmon River, downstream of Davis Lake Dam to Lake Champlain (Clinton)	See Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch advice (p. 13)			
Soft Maple Reservoir (Lewis)	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Stark Falls Reservoir (St. Lawrence)	Northern pike	Greater than 26", DON'T EAT; Less than 26", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Stoner Lakes (Fulton)	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Sunday Lake (Herkimer)	Chain pickerel	DON'T EAT	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury
Tupper Lake (Franklin, St. Lawrence)	Smallmouth bass	Greater than 15", DON'T EAT; Less than 15", up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (p.11)		Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

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## Leatherstocking/Central Region (Map p.20)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters NOT listed (Leatherstocking/Central Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Chenango River (Broome, Chenango, Madison)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Delta Lake (Oneida)	Walleye	Greater than 23", up to 1 meal/month; Less than 23", eat up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Goodyear Lake (Otsego)	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Hinckley Reservoir (Herkimer, Oneida)	Chain pickerel, Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Mohawk River/Erie Canal between Fivemile Dam (downstream of Little Falls) and Cohoes Falls (Herkimer, Schenectady, Montgomery, Albany, Saratoga)	Carp	DON'T EAT	DON'T EAT	PCBs
	Brown bullhead, Bluegill, Blueback herring, Rock bass, Smallmouth bass, Walleye, Yellow Perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
Mohawk River/Erie Canal, between Lock E18 at Jacksonburg and Fivemile Dam below Little Falls (Herkimer)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Mohawk River/Erie Canal, between Lock E20 at Whitesboro and Lock E18 at Jacksonburg (Herkimer, Oneida)	Carp, Largemouth bass, Smallmouth bass, Tiger muskellunge, White sucker	DON'T EAT	DON'T EAT	PCBs
	Walleye	Up to 1 meal/month	Up to 1 meal/month	PCBs
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).








<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Leatherstocking/Central Region continued (Map p.20)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
<b>Mohawk River/Erie Canal, from Feeder Dam 1 on Mohawk River and Lock E21 at New London and Lock E20 at Whitesboro (Oneida)</b>	Carp	DON'T EAT	DON'T EAT	PCBs
	Rock bass, Smallmouth bass, Walleye, Yellow perch	Up to 1 meal/month	DON'T EAT	PCBs, PFAS
	White sucker	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs, PFAS
<b>Mud Creek, tributary to Sauquoit Creek (Oneida)</b>	Brown trout, White sucker	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>Sauquoit Creek, between Old Silk Mill Dam near New Hartford/Paris town line and Mohawk River (Oneida)</b>	Brown trout, White sucker	DON'T EAT	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River (Oneida)</b>	All fish	DON'T EAT	DON'T EAT	PCBs, PFAS
<b>Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)</b>	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
<b>Threemile Creek (Oneida)</b>	All fish	DON'T EAT	DON'T EAT	PCBs, PFAS
<b>Unadilla River (Herkimer, Chenango, Oneida, Madison, Otsego)</b>	Walleye	Greater than 22", up to 1 meal/month; Less than 22", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).























<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

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# Catskill Regional Advisory

NYS DOH has issued regional advice for all waters within the Catskill Region because the fish have been more affected by methylmercury. Everyone should follow the advice below when fishing from waters without specific advisories in the Catskill Region (specific advisories are listed in the tables on pages 18). Choose from the “best choice” and “good choice” categories for the whole family because these fish have lower levels of mercury.

 General Population	<b>Catskill Regional Advisory</b>	 Sensitive Population
<b>4</b> meals a month	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">*Best Choice Fish*</div>  Brook trout  Rainbow trout  Bluegill  Pumpkinseed/Sunfish	<b>4</b> meals a month
<b>4</b> meals a month	<b>Good Choice</b>  Black crappie  Brown trout  Bullhead  Carp  Chain pickerel less than 20"  Lake trout  White sucker  Yellow perch less than 10" <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 10px;">And all other fish</div>	<b>1</b> meal a month
<b>1</b> meal a month	<b>Eat Less</b>  Chain pickerel greater than 20"  Largemouth bass  Rock bass  White perch	<b>1</b> meal a month
<b>1</b> meal a month	 Smallmouth bass  Walleye less than 19"  Yellow perch greater than 10"	<b>0</b> DON'T EAT
<b>0</b> DON'T EAT	 Walleye greater than 19"	<b>0</b> DON'T EAT

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

## Catskill Region (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters in the Catskill Region NOT listed		Follow Catskill Regional Advice (p. 17)		
Ashokan Reservoir (Ulster)	Largemouth bass	Up to 1 meal/month	Greater than 15", DON'T EAT; Less than 15", Up to 1 meal/month	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
Cannonsville Reservoir (Delaware)	Yellow perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
Chodiikee Lake (Ulster)	See Hudson Valley p. 26			
Herrick Hollow Creek (Delaware)	Brook trout	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Follow Catskill Regional Advice (p. 17)		PCBs, Mercury
Hudson River	See Hudson River and Tributaries p. 28			
Loch Sheldrake (Sullivan)	See Hudson Valley p. 26			
Neversink Reservoir (Sullivan)	Brown trout	Up to 1 meal/month	Up to 1 meal/month	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
North-South Lake (Greene)	Largemouth bass	Up to 1 meal/month	Greater than 15", DON'T EAT; Less than 15", Up to 1 meal/month"	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
Pepacton Reservoir (Delaware)	Brown trout	Up to 1 meal/month	Up to 1 meal/month	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
Rio Reservoir (Sullivan, Orange)	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Schoharie Reservoir (Delaware, Greene, Schoharie)	Black crappie, Yellow perch	Up to 1 meal/month	Up to 1 meal/month	Mercury
	All other fish	Follow Catskill Regional Advice (p. 17)		Mercury
Swinging Bridge Reservoir (Sullivan)	See Hudson Valley p. 26			

Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

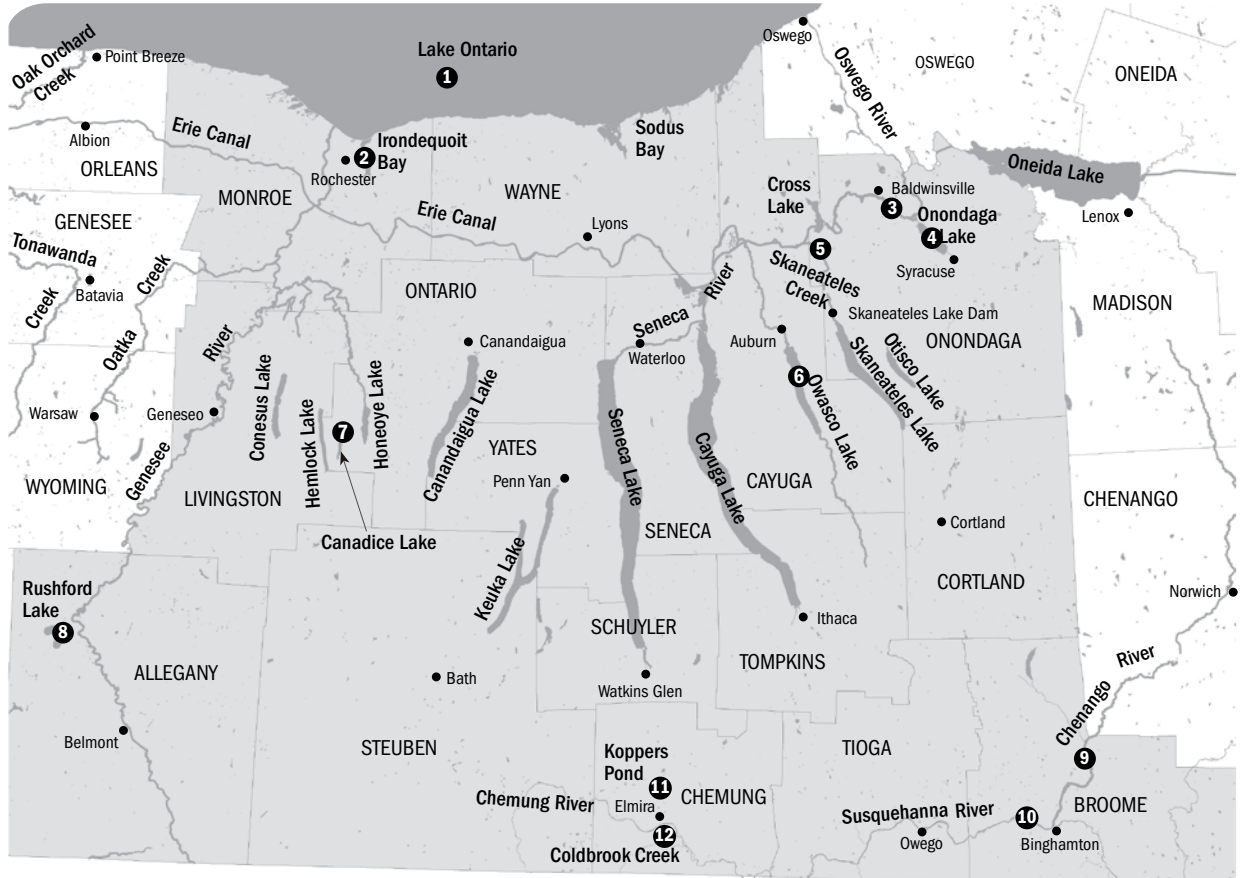
The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

# Regional Maps

Finger Lakes Region p.7

## Waters with Advice

- 1 Lake Ontario
- 2 Irondequoit Bay
- 3 Seneca River
- 4 Onondaga Lake
- 5 Skaneateles Creek
- 6 Owasco Lake
- 7 Canadice Lake
- 8 Rushford Lake
- 9 Chenango River
- 10 Susquehanna River
- 11 Koppers Pond
- 12 Coldbrook Creek



Western Region p.5

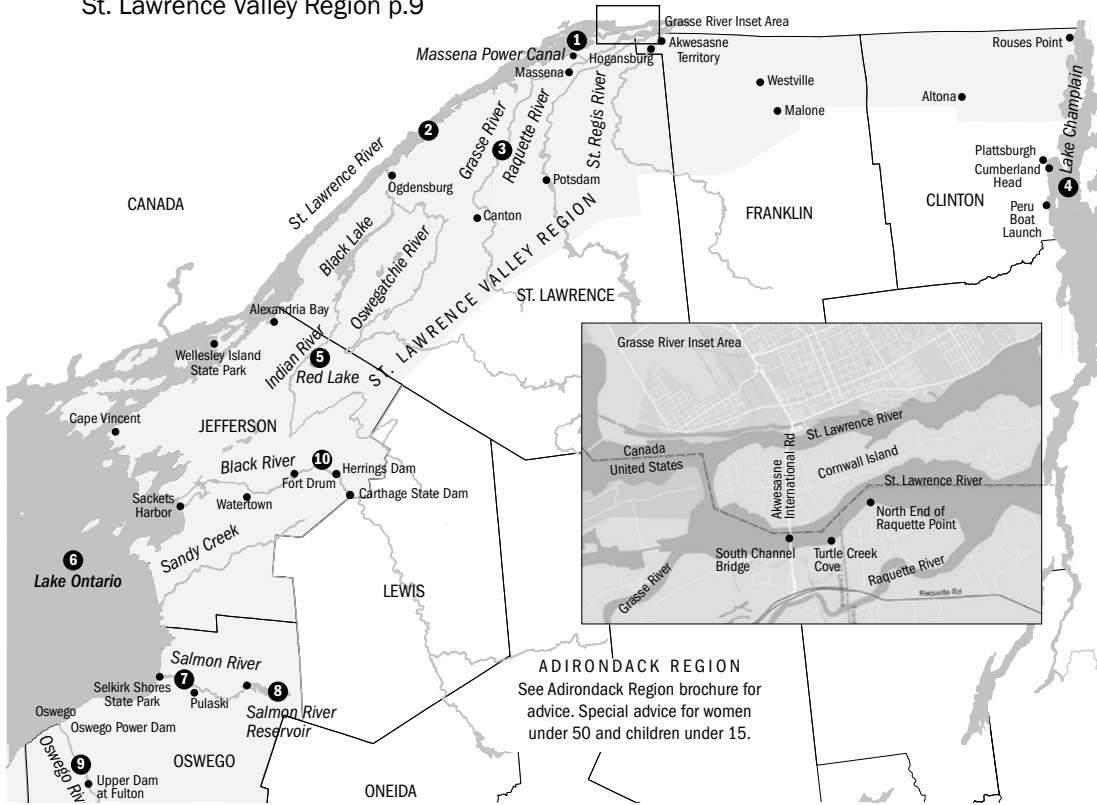


## Health Advice on Eating Sportfish and Game

Chautauqua & Cattaraugus counties not shown.

Regional Maps continued

St. Lawrence Valley Region p.9



- Waters with Advice**
- 1 Massena Power Canal
  - 2 St. Lawrence River
  - 3 Grass River
  - 4 Lake Champlain
  - 5 Red Lake
  - 6 Lake Ontario
  - 7 Salmon River
  - 8 Salmon River Reservoir
  - 9 Oswego River
  - 10 Black River

ADIRONDACK REGION  
See Adirondack Region brochure for advice. Special advice for women under 50 and children under 15.

Leatherstocking/Central Region p.15

**Waters with Advice**

- 1 Hinckley Reservoir
- 2 Delta Lake
- 3 Threemile Creek
- 4 Sixmile Creek
- 5 Mohawk River
- 6 Mud Creek
- 7 Sauquoit Creek
- 8 Unadilla River
- 9 Goodyear Lake
- 10 Susquehanna River
- 11 Chenango River



Regional Maps continued

Adirondack Region p.11



◆ **Waters with specific advice**  
 All other waters in the Adirondack Region follow Adirondack Regional Advisory, page 11

Regional Maps continued

New York City Region p.29

**Waters with Advice**

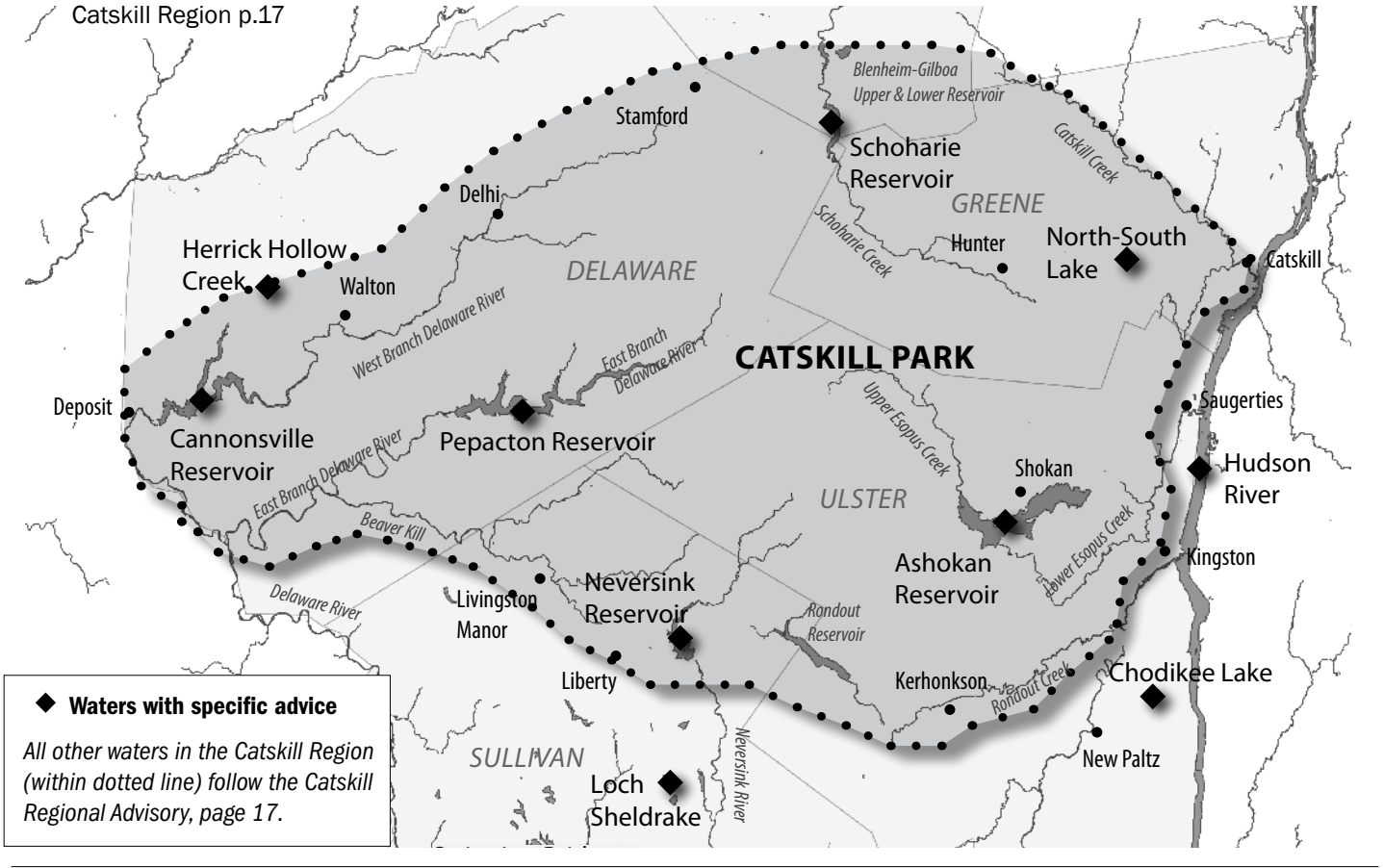
- 1 Hudson River
- 2 Long Island Sound
- 3 Harlem River
- 4 East River
- 5 Newark Bay
- 6 Kill Van Kull
- 7 Upper New York Bay
- 8 Arthur Kill
- 9 Raritan Bay
- 10 Lower New York Bay
- 11 Jamaica Bay
- 12 Paerdegat Basin and 200 yards from shore
- 13 Atlantic Ocean
- 14 Long Island South Shore



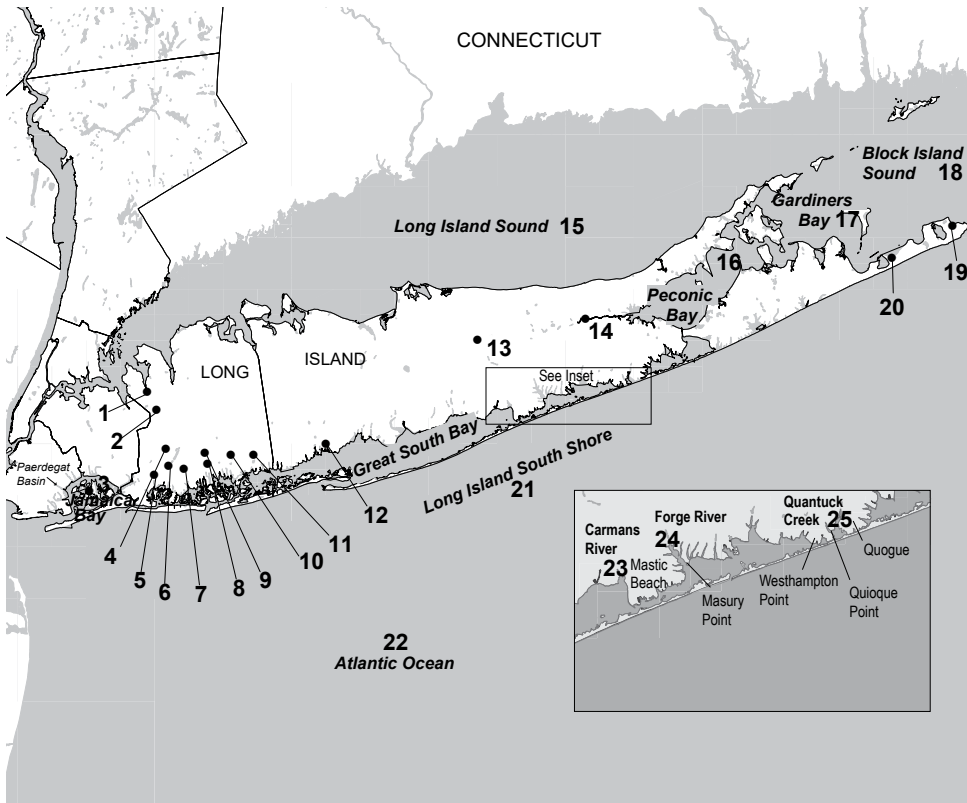


**Regional Maps continued**

Catskill Region p.17



**Long Island Region (Marine and Freshwater) p.31 and p.32**

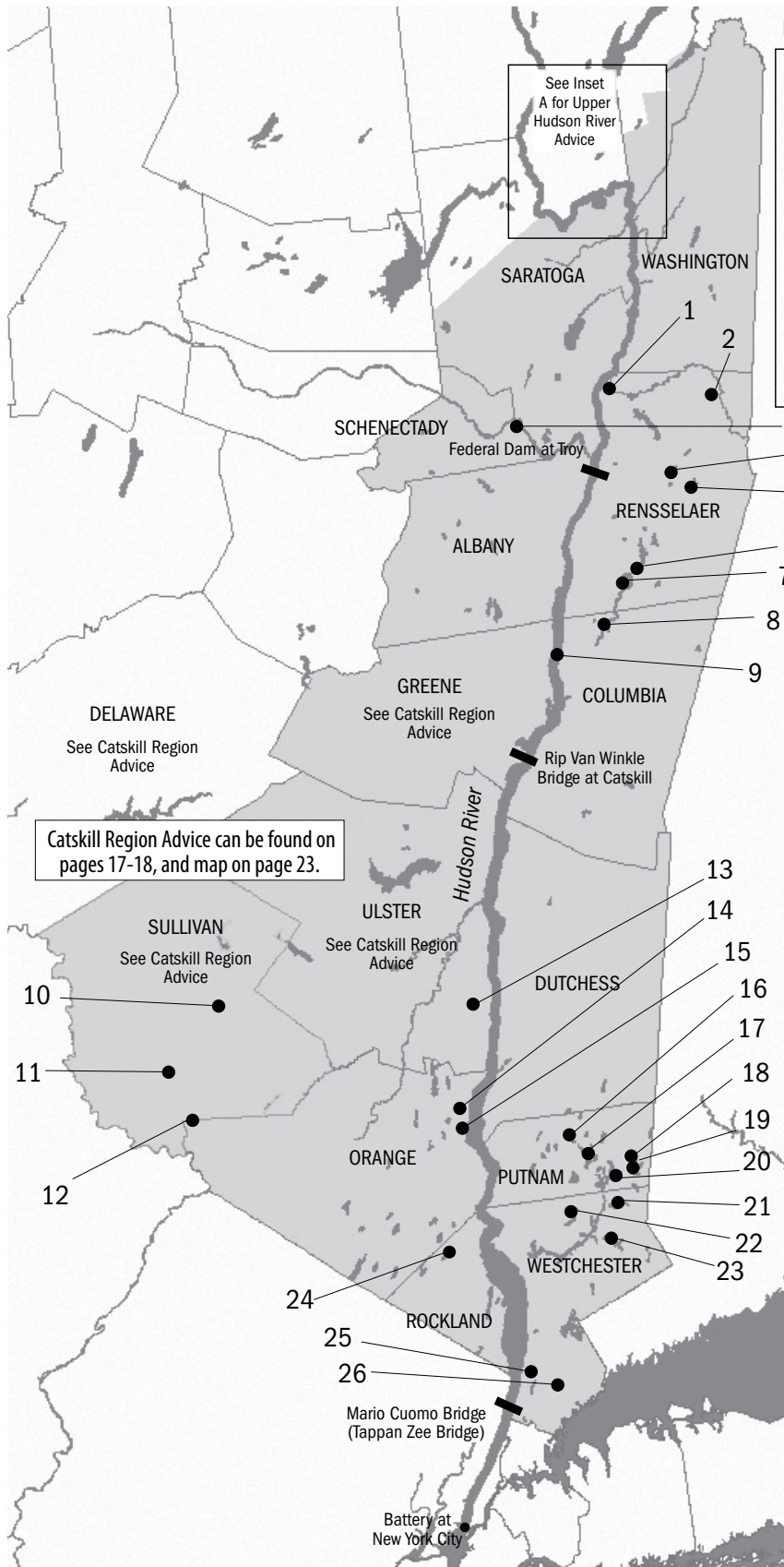


**Waters with Advice**

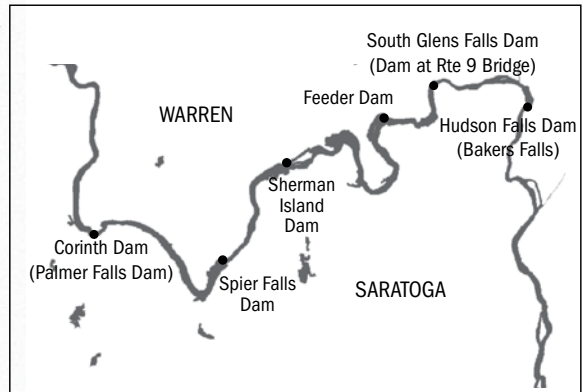
- |  |   |
|--|---|
| 1 Whitney Park Pond  | 17 Gardiners Bay                        |
| 2 Ridders Pond   | 18 Block Island Sound                   |
| 3 Jamaica Bay  | 19 Big Reed Pond                        |
| 4 Hall's Pond  | 20 Fresh Pond (Hither Hills State Park) |
| 5 Grant Park Pond  | 21 Long Island South Shore              |
| 6 Smith Pond (Rockville Centre)                                | 22 Atlantic Ocean                       |
| 7 Loft's Pond  | 23 Carmans River                        |
| 8 Freeport Reservoir   | 24 Forge River                          |
| 9 Smith Pond (Roosevelt Park)                                  | 25 Quantuck Creek                       |
| 10 Upper Twin Pond   |   |
| 11 Massapequa Reservoir, upstream of Long Island Railroad      |   |
| 12 Lake Capri  |   |
| 13 Spring Lake (Middle Island)                                 |   |
| 14 Peconic Lake and River, Edwards Ave Dam to Peconic Lake Dam |   |
| 15 Long Island Sound   |   |
| 16 Peconic Bay   |   |

**Regional Maps continued**

Hudson Valley/Capital District and Hudson River Regions p.25 and p.28








**Inset A Upper Hudson**




**Waters with Advice**

- 1 Hoosic River
- 2 Thayers Pond - Hoosick Falls Area Waters
- 3 Mohawk River
- 4 Dunham Reservoir
- 5 Dyken Pond
- 6 Valatie Kill
- 7 Nassau Lake
- 8 Kinderhook Lake
- 9 Hudson River
- 10 Loch Sheldrake
- 11 Swinging Bridge Reservoir
- 12 Rio Reservoir
- 13 Chodikee Lake
- 14 Newburgh Area Waters
- 15 Moodna Creek
- 16 Boyd Corners Reservoir
- 17 West Branch Reservoir
- 18 Bog Brook Reservoir
- 19 East Branch Reservoir
- 20 Diverting Reservoir
- 21 Titicus Reservoir
- 22 Amawalk Reservoir
- 23 Cross River Reservoir
- 24 Lake Welch
- 25 Saw Mill River
- 26 Sheldrake River

## Hudson Valley/Capital District Region (Map p.24)

 Waterbody (County) <sup>1,3</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All waters NOT listed (Hudson Valley/Capital District Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Amawalk Reservoir (Westchester)	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/ month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Bog Brook Reservoir (Putnam)	Walleye	Greater than 21", up to 1 meal/ month; Less than 21", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Boyd Corners Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	Largemouth bass	Greater than 16", up to 1 meal/ month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Chodikee Lake (Ulster)	Largemouth bass	Greater than 15", up to 1 meal/ month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Cross River Reservoir (Westchester)	Largemouth bass, Smallmouth bass	Greater than 16", up to 1 meal/ month; Less than 16", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Diverting Reservoir (Putnam)	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dunham Reservoir (Rensselaer)	Walleye	DON'T EAT	DON'T EAT	Mercury
	Smallmouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Dyken Pond (Rensselaer)	Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
East Branch Reservoir (Putnam)	Walleye	DON'T EAT	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

Check the NYS DEC website for updated regulations and special restrictions for certain species:  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html) 






<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.


<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

<sup>3</sup> See the Catskill Region, p. 17-18 for waters with advice in Green and Ulster counties.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Hudson Valley/Capital District Region continued (Map p.24)

 Waterbody (County) <sup>1,3</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
<b>Hoosic River, from Schaghticoke Dam to Vermont state line (including Johnsonville and Schaghticoke Reservoirs) (Rensselaer, Washington)</b>	Bluegill, Yellow perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	Rainbow trout, Smallmouth bass	Up to 1 meal/month	Up to 1 meal/month	PCBs
	Carp	DON'T EAT	DON'T EAT	PCBs
	Brown trout	Greater than 14", DON'T EAT; Less than 14", up to 1 meal/month	Greater than 14", DON'T EAT; Less than 14", up to 1 meal/month	PCBs
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
<b>Hudson River</b>	See Hudson River and Tributaries p.28			
<b>Kinderhook Lake (Columbia)</b>	American eel	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>Lake Welch (Rockland)</b>	Largemouth bass, Smallmouth bass	Up to 1 meal/month	Up to 1 meal/month	PCBs
	All other fish	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
<b>Mohawk River/Erie Canal between Fivemile Dam (downstream of Little Falls) and Cohoes Falls (Herkimer, Schenectady, Montgomery, Albany, Saratoga)</b>	Carp	DON'T EAT	DON'T EAT	PCBs
	Brown bullhead, Bluegill, Blueback herring, Rock bass, Smallmouth bass, Walleye, Yellow Perch	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PCBs
<b>Moodna Creek, downstream of Firthcliffe dam to mouth of Hudson River</b>	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium, PFAS
	Channel catfish, Gizzard shad, Smallmouth bass, Walleye, White catfish	DON'T EAT	DON'T EAT	PCBs, PFAS
	Blue crab meat	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium, PFAS
	All other fish	Up to 1 meal/month	DON'T EAT	PCBs, PFAS

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies. 






<sup>2</sup>This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

<sup>3</sup>See the Catskill Region, p. 17-18 for waters with advice in Green and Ulster counties.

<sup>4</sup>Effective 7/24/17: Test results indicate that fish from these waters have elevated levels of PFAS compared to fish from other waters. Based on data currently available, DOH recommends that people who fish these waters return their catch.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

Hudson Valley Region continued (Map p.24)

 Waterbody (County) <sup>1,3</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Nassau Lake (Rensselaer)	All fish	DON'T EAT	DON'T EAT	PCBs
<b>Newburgh Area Waters (Orange):</b> Beaverdam Lake Stream from Stewart State Forest to Beaverdam Lake Clark Street Ponds Crest View Lake Lockwood Basin/ Masterson Park Pond Moodna Creek, upstream of Firthcliffe Dam Recreation Pond Silver Stream Washington Lake	All fish	DON'T EAT <sup>4</sup>	DON'T EAT <sup>4</sup>	PFAS
<b>Rio Reservoir (Sullivan, Orange)</b>	Smallmouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
<b>Saw Mill River, upstream of the flume at Mill Street in Yonkers (Westchester)</b>	American eel	Up to 1 meal/month	DON'T EAT, PCBs	Chlordane, PCBs
	All other fish	Up to 4 meals/month	DON'T EAT, PCBs	Chlordane, PCBs
<b>Sheldrake River (Westchester)</b>	Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	American eel	DON'T EAT	DON'T EAT	Chlordane, Dieldrin
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane, Dieldrin
<b>Thayers Pond - Hoosick Falls Area (Rensselaer)</b>	All fish	DON'T EAT <sup>4</sup>	DON'T EAT <sup>4</sup>	PFAS
<b>Titicus Reservoir (Westchester)</b>	White perch	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
<b>Valatie Kill, between County Rt. 18 and Nassau Lake (Rensselaer)</b>	All fish	DON'T EAT	DON'T EAT	PCBs
<b>Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)</b>	American eel, Bluegill sunfish, Redbreast sunfish	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
<b>West Branch Reservoir (Putnam)</b>	Walleye	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.






<sup>2</sup> This fish is a good choice for the whole family. See [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm) for more information about how advisories are set.

<sup>3</sup> See the Catskill Region, p. 17-18 for waters with advice in Green and Ulster counties.

<sup>4</sup> Effective 7/24/17: Test results indicate that fish from these waters have elevated levels of PFAS compared to fish from other waters. Based on data currently available, DOH recommends that people who fish these waters return their catch.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

## Hudson River & Tributaries Region (Map p.24)






 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Hudson River, upstream from Corinth Dam (Palmer Falls Dam)	All fish	Follow Adirondack Regional Advice (page 11)		Mercury
Hudson River, Corinth Dam (Palmer Falls Dam) to South Glens Falls Dam at Route 9 Bridge (Warren, Saratoga)	Carp, Channel catfish	DON'T EAT	DON'T EAT	Mercury
	All other fish	Follow Adirondack Regional Advice (page 11)		PCBs, Mercury
Hudson River, South Glens Falls Dam at Route 9 Bridge to Hudson Falls Dam at Bakers Falls (Warren, Washington, Saratoga)	All fish	DON'T EAT	DON'T EAT	PCBs
Hudson River, Hudson Falls Dam at Bakers Falls to Federal Dam at Troy (Rensselaer, Albany, Washington, Saratoga)	All fish	Catch and Release fishing ONLY per NYS DEC regulations. Take No Fish. Eat No Fish.	Catch and Release fishing ONLY per NYS DEC regulations. Take No Fish. Eat No Fish.	PCBs
Hudson River, Federal Dam at Troy to Rip Van Winkle Bridge at Catskill (Rensselaer, Albany, Columbia, Greene)	Alewife, Blueback herring, Rock bass, Yellow perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish (including striped bass and walleye)	DON'T EAT	DON'T EAT	PCBs
Hudson River, south of Rip Van Winkle Bridge at Catskill to Governor Mario M. Cuomo Bridge (Ulster, Rockland, Dutchess, Westchester, Columbia, Putnam, Greene, Orange)	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, Walleye, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat <sup>2</sup>	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Brown bullhead, Carp, Goldfish, Largemouth bass, Rainbow smelt, Smallmouth bass, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hudson River, Governor Mario M. Cuomo Bridge to NYC Battery (New York, Rockland, Westchester, Bronx)	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Channel catfish, Gizzard shad, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat <sup>2</sup>	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Carp, Goldfish, Rainbow smelt, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs

<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver, or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs, and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

## New York City Region (Map p.22)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
East River to Throgs Neck Bridge (Queens, New York, Kings, Bronx) Harlem River (New York, Bronx) Hudson River (New York, Bronx) Upper New York Bay, north of Verrazano Narrows Bridge (Richmond, New York)	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, PFAS, Dioxin, Cadmium
	Channel catfish, Gizzard shad, White catfish	DON'T EAT	DON'T EAT	PCBs
	Blue crab meat <sup>2</sup>	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Cadmium
	Atlantic needlefish, Bluefish, Carp, Goldfish, Rainbow smelt, Striped bass, White perch	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Raritan Bay, west of Wolfe's Pond Park (Richmond) <sup>2</sup>	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, PFAS, Dioxin, Cadmium
	Blue crab meat <sup>2</sup>	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt, Striped bass	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin
Arthur Kill (Richmond) Kill Van Kull (Richmond) Newark Bay (Richmond)	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, Dioxin, Cadmium
	Blue crab meat <sup>2</sup>	Up to 4 meals/month (six crabs per meal)	DON'T EAT	PCBs, Dioxin, Cadmium
	Atlantic needlefish, Bluefish, Rainbow smelt	Up to 1 meal/month	DON'T EAT	PCBs, Dioxin
	American eel, Gizzard shad, Striped bass, White perch	DON'T EAT	DON'T EAT	PCBs, Dioxin
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs, Dioxin

**Please note that all fresh water bodies in New York City parks are catch and release only and are not regularly monitored for contaminants. For more information visit: <http://www.eregulations.com/newyork/fishing/new-york-city-reservoir-regulations/>.**






Check the NYS DEC website for updated regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).  
For information on freshwater fishing in New York City visit: [www.dec.ny.gov/outdoor/7951.html](http://www.dec.ny.gov/outdoor/7951.html).

<sup>1</sup>The specific health advisories for the waters listed above also apply to tributaries (for example, Gowanus Canal and Newtown Creek) and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup>Don't eat the soft "green stuff" (mustard, tomalley, liver, or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs, and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

New York City Region continued (Map p.22)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Atlantic Ocean (Nassau, Queens, Suffolk)	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
Jamaica Bay (excluding Paerdegat Basin) (Nassau, Queens, Kings)	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, PFAS, Dioxin, Cadmium
Long Island Sound (Nassau, Westchester, Queens, Suffolk, Bronx)	American eel, Bluefish, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
Lower New York Bay, south of Verrazano Narrows Bridge (Kings, Richmond)	All other fish and crabs <sup>2</sup>	Follow FDA advice: <a href="http://www.health.ny.gov/fish/fish_from_stores.htm">www.health.ny.gov/fish/fish_from_stores.htm</a>		
Raritan Bay, east of Wolfe's Pond Park (Richmond)				
Paerdegat Basin* (and 200 yards from its mouth) in Jamaica Bay (Kings)	All fish, All crabs <sup>2</sup>	DON'T EAT	DON'T EAT	PCBs

\*The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material into the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check [www.health.ny.gov/fish/NYC](http://www.health.ny.gov/fish/NYC) to see whether this advice is still in effect.

**The public is also reminded that all New York City waters are closed to shellfishing (harvest of clams, mussels, oysters, or scallops).**






<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries (for example, Gowanus Canal and Newtown Creek) and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver, or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs, and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.



## Long Island Region (Marine) (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
Atlantic Ocean (Nassau, Queens, Suffolk) Block Island Sound (Suffolk) Gardiners Bay (Suffolk) Jamaica Bay (excluding Paerdegat Basin) (Kings, Queens, Nassau) Long Island Sound (Nassau, Westchester, Queens, Suffolk, Bronx) Long Island South Shore, excluding tidal portions of Carmans River, Forge River, and Quantuck Creek (Nassau, Queens, Suffolk) Peconic Bay (Suffolk)	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs
	Crab or lobster tomalley <sup>2</sup> (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, PFAS, Dioxin, Cadmium
	American eel, Bluefish, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs
	All other fish and crabs <sup>2</sup>	Follow FDA advice: <a href="http://www.health.ny.gov/fish/fish_from_stores.htm">www.health.ny.gov/fish/fish_from_stores.htm</a>		
Paerdegat Basin* (and 200 yards from its mouth) in Jamaica Bay (Kings)	All fish, All crabs <sup>2</sup>	DON'T EAT	DON'T EAT	PCBs
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road Suffolk	Weakfish	Greater than 25", up to 1 meal/month; Less than 25", up to 4 meals/month	Greater than 25", DON'T EAT; Less than 25", up to 1 meal/month	PCBs, PFAS
	Crab or lobster tomalley (hepatopancreas, mustard) and cooking liquid	DON'T EAT	DON'T EAT	PCBs, PFAS, Dioxin, Cadmium
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point (Suffolk)	Bluefish, Striped bass	Up to 4 meals/month	Up to 1 meal/month	PCBs, PFAS
	American eel	Up to 1 meal/month	DON'T EAT	PCBs, PFAS
Forge River, tidal portion from Montauk Highway Dam to Masury Point (Suffolk)	All other fish and crabs	Follow FDA advice: <a href="http://www.health.ny.gov/fish/fish_from_stores.htm">www.health.ny.gov/fish/fish_from_stores.htm</a>	Up to 1 meal/month	PFAS

**The public is also reminded that all New York City waters are closed to shellfishing (harvest of clams, mussels, oysters, or scallops). For information about shellfishing in Long Island waters, visit [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html).**


<sup>1</sup> The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. Some tributaries may also be listed based on additional information about fish or waterbodies.

<sup>2</sup> Don't eat the soft "green stuff" (mustard, tomalley, liver, or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs, and other contaminants concentrate there. As contaminants are transferred to cooking liquid, you should also discard crab or lobster cooking liquid.

The sensitive population refers to people who may bear children under the age of 50 and children under 15. The general population refers to everyone else.

**\*The advice for Paerdegat Basin was issued in response to a spill that led to discharges of PCB containing material into the Basin. An environmental investigation is underway to determine if there is residual contamination in the Basin. Please check [www.health.ny.gov/fish/NYC](http://www.health.ny.gov/fish/NYC) to see whether this advice is still in effect.**

## Long Island Region (Freshwater) (Map p.23)

 Waterbody (County) <sup>1</sup>	 Fish	 General Population	 Sensitive Population	 Chemicals of Concern
All freshwaters NOT listed (Long Island Region)	All fish	Up to 4 meals/month	Up to 4 meals/month	
Big Reed Pond (Suffolk)	Largemouth bass	Up to 1 meal/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Carmans River, above Southaven Park Dam (Suffolk)	Brown bullhead	Up to 4 meals/month	Up to 4 meals/month	Healthy choice fish <sup>2</sup>
	American eel	Up to 1 meal/month	DON'T EAT	PCBs, PFAS
	All other fish	Up to 4 meals/month	Up to 1 meal/month	PFAS
Freeport Reservoir (Nassau)	Carp	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Fresh Pond, Hither Hills State Park (Suffolk)	Largemouth bass	Greater than 15", up to 1 meal/month; Less than 15", up to 4 meals/month	DON'T EAT	Mercury
	All other fish	Up to 4 meals/month	DON'T EAT	Mercury
Grant Park Pond (Nassau)	Carp	Up to 1 meal/month	DON'T EAT	PCBs
	All other fish	Up to 4 meals/month	DON'T EAT	PCBs
Hall's Pond (Nassau)	Carp, Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Lake Capri (Suffolk)	American eel, Carp	Up to 1 meal/month	DON'T EAT	Chlordane, Cadmium
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane, Cadmium
Lofts Pond (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Massapequa Reservoir, upstream of Long Island Railroad (Nassau)	Carp, White perch	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Peconic Lake and River between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)	Yellow perch	Up to 1 meal/month	DON'T EAT	PFAS
	All other fish	Up to 4 meals/month	Up to 4 meals/month	PFAS
Ridders Pond (Nassau)	Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Smith Pond, Rockville Centre (Nassau)	American eel, Carp, Goldfish, White perch	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Smith Pond, Roosevelt Park (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	American eel	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Spring Lake, Middle Island (Suffolk)	Carp, Goldfish	DON'T EAT	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Upper Twin Pond (Nassau)	American eel, Carp	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane
Whitney Park Pond (Nassau)	Carp, Goldfish	Up to 1 meal/month	DON'T EAT	Chlordane
	All other fish	Up to 4 meals/month	DON'T EAT	Chlordane

## Contacts for Additional Information

For more information on health effects from exposure to chemical contaminants or to provide comments on this publication, please contact NYS DOH at (518) 402-7800 or toll-free at (800) 458-1158 Monday-Friday, 8:30AM-4:30PM. After hours, leave a voice mail message. The full advisories are also available online at [www.health.ny.gov/fish](http://www.health.ny.gov/fish) or can be requested by e-mail at [ceheduc@health.ny.gov](mailto:ceheduc@health.ny.gov)

For more information on fishing, contact the nearest NYS DEC regional office or other resource listed below:

**Region 1 (Long Island)** Nassau and Suffolk:  
(631) 444-0280  
email: [fwfish1@dec.ny.gov](mailto:fwfish1@dec.ny.gov)

**Region 2 (New York City)** Brooklyn, Bronx, Manhattan, Queens and Staten Island:  
(718) 482-4922  
email: [fwfish2@dec.ny.gov](mailto:fwfish2@dec.ny.gov)

**Region 3 (Lower Hudson Valley)** Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester: (845) 256-3161  
email: [fwfish3@dec.ny.gov](mailto:fwfish3@dec.ny.gov)

**Region 4 (Capital Region/Northern Catskills)** Albany, Columbia, Delaware, Greene, Montgomery, Otsego, Rensselaer, Schenectady and Schoharie:  
(607) 652-7366  
email: [fwfish4@dec.ny.gov](mailto:fwfish4@dec.ny.gov)

**Region 5 (Eastern Adirondacks/Lake Champlain)** Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren and Washington:  
(518) 897-1200 (Ray Brook) or  
(518) 623-1200 (Warrensburg)  
email: [fwfish5@dec.ny.gov](mailto:fwfish5@dec.ny.gov)

**Region 6 (Western Adirondacks/Eastern Lake Ontario)** Herkimer, Jefferson, Lewis, Oneida and St. Lawrence: (315) 785-2263 (Watertown) or (315) 793-2554 (Utica)  
email: [fwfish6@dec.ny.gov](mailto:fwfish6@dec.ny.gov)

**Region 7 (Central New York)** Broome, Cayuga, Chenango, Cortland, Madison, Onondaga, Oswego, Tioga and Tompkins:  
(607) 753-3095 x213  
email: [fwfish7@dec.ny.gov](mailto:fwfish7@dec.ny.gov)

**Region 8 (Western Finger Lakes)** Chemung, Genesee, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne and Yates:  
(585) 226-2466  
email: [fwfish8@dec.ny.gov](mailto:fwfish8@dec.ny.gov)

**Region 9 (Western New York)** Allegany, Chautauqua, Cattaraugus, Erie, Niagara and Wyoming: (716) 851-7000 (Buffalo) or (716) 372-0645 (Allegany)  
email: [fwfish9@dec.ny.gov](mailto:fwfish9@dec.ny.gov)

### Information on contaminant levels in fish, shellfish and wildlife:

Division of Fish, Wildlife and Marine Resources: (518) 402-8924  
email: [fwfish@dec.ny.gov](mailto:fwfish@dec.ny.gov)

### Information on fishing marine waters:

Division of Marine Resources:  
(631) 444-0430  
email: [fwmarine@dec.ny.gov](mailto:fwmarine@dec.ny.gov)

## Procedures for Setting Advisories

In New York State, these advisories are primarily based on information that NYS DEC gathers on contaminant levels in fish and game. NYS DEC collects fish samples each year from different waterbodies. In recent years, NYS DEC has annually collected approximately 1,500 fish from more than 50 locations/waters and analyzed these fish for various contaminants. Sampling focuses on waterbodies with known or suspected contamination, waterbodies susceptible to mercury contamination, popular fishing waters, and waters where trends in fish contamination are being monitored. Also, testing focuses on those species that are most likely to be caught and eaten by sport anglers. NYS DEC also tests some game species (e.g., waterfowl, snapping turtles) that accumulate chemical contaminants.

NYS DOH reviews the new NYS DEC testing results for fish and game to determine if an advisory should be issued or revised for a given waterbody or fish or game species. When reviewing the data, NYS DOH compares testing data to federal marketplace standards (when available) for a contaminant and considers other factors such as potential human exposures and health risks, location, type, and number of samples.

For more information on how NYS DOH sets advisories visit [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm).

## Information on Chemicals in Sportfish and Game

Most of what we know about the potential health effects of these chemicals comes from high-dose laboratory animal studies or in people exposed by accidents or in the workplace. Chemicals that cause health effects in laboratory animals and people after high level exposures may also increase the risk of effects in people exposed to lower levels for long periods of time.

**PCBs** (polychlorinated biphenyls) are a mixture of man-made chemicals that were used in many commercial and electrical products until their manufacture was banned in the mid-1970s. PCBs are persistent in the environment and accumulate in the fat of fish and other animals. Thus, PCBs still remain a fish and game contaminant.

Health concerns: Studies of women and their children show a link between elevated levels of PCBs in their bodies and slight effects on their children's birth weight, short-term memory and learning ability. A study of older adults (49-86 years old) who ate fish containing PCBs suggests that higher PCB exposure is associated with decreased memory and learning. Other studies have suggested a link between increased PCB exposure and effects on the human reproductive system, including changes in sperm quality, time to pregnancy and menstrual cycles. These studies suggest that the effects were caused by PCBs, but other factors may have played a role too. Some PCBs have been shown to cause cancer in laboratory animals exposed to high levels of the chemical throughout their lifetime. Studies of workers exposed to PCBs raise concerns that these chemicals can cause cancer in people, but the information is not adequate to prove that this is the case.

**PFAS** (per- and polyfluoroalkyl substances, previously referred to as PFCs) are chemicals that are used for fire-fighting foams, non-stick materials manufacturing, and many other applications. They are persistent in the environment and can accumulate in living things including fish. One of these PFAS, perfluorooctane sulfonate or PFOS, tends to accumulate in fish more than the other PFAS.

Health concerns: Much of the available information on the toxicity of PFAS comes from studies of two PFAS (PFOS and perfluorooctanoic acid or PFOA), which are among the most widely used and environmentally persistent PFAS. Animal studies show that high oral doses of PFOS can affect the liver and immune system, change cholesterol and hormone levels, and cause developmental effects. Scientists are not yet certain about the possible health effects in humans from exposure to PFAS. Human studies show associations between PFOS exposure and health effects similar to those seen in animals, such as immune system effects, reproductive and developmental effects, and changes in cholesterol levels. One long-term study showed that high daily doses of PFOS caused tumors in rats, but human studies are inadequate to make conclusions on the potential for PFOS to cause cancer in humans.

**Mercury** is a metal that occurs naturally in the environment and can also get into the environment from human activity. Most of the mercury that accumulates in fish is an organic form called methylmercury. Fish that live longer and eat other fish tend to have more methylmercury than do smaller fish.

Health concerns: Methylmercury can cause effects on the nervous system. Exposure to methylmercury is more of a concern for children and unborn babies because their nervous systems are still developing. People who ate fish that contained large amounts of methylmercury had permanent damage to the brain, kidneys and fetus. Some research on populations that eat a large amount of fish finds that methylmercury can affect children's memory, attention, and language development. Other research on a different population that also eats large amounts of fish has not found such effects.

**Chlordane, DDT, dieldrin and mirex** are all man-made organochlorine chemicals that were once used as insecticides. Mirex was also used as a flame retardant in a number of materials. Although these chemicals have been banned in the United States since the 1970s (with the exception that chlordane and dieldrin, which were allowed for termite control until the 1980s), they are very persistent in the environment and accumulate in the fat of fish and other animals. Thus, these chemicals can still be found as fish and game contaminants.

Health concerns: Chlordane, DDT, dieldrin, and mirex can cause effects on the nervous system and the liver in laboratory animals. Chlordane, DDT, and dieldrin have also caused effects on the nervous system of people. Some of these chemicals can also cause effects on the kidneys, the thyroid gland, and on reproduction in animals and people. The levels of exposure that caused these effects are typically much higher than would likely occur from eating fish containing these chemicals. Chlordane, DDT, dieldrin, and mirex also caused cancer in laboratory animals exposed to high levels over their lifetimes. Whether these chemicals cause cancer in people is not known.

**Dioxins** (polychlorinated dibenzo-p-dioxins or PCDDs) and furans (polychlorinated dibenzofurans or PCDFs) are two closely related families of chemicals. Some dioxins and furans are unwanted byproducts of manufacturing and also come from the smoke or ash of motor vehicles, municipal waste incinerators, wood fires, and trash burning. Dioxins and furans are very persistent in the environment and accumulate in the fat of fish and other animals. Thus, these chemicals are fish contaminants.

Health concerns: Most of what we know about dioxins and furans come from one particular dioxin, but many of these chemicals are likely to cause similar health effects. Dioxins and furans have been associated with causing skin effects as well as changes in reproductive hormone levels and indicators of liver function in people. Weaker evidence suggests that these chemicals can also cause a number of other health effects in people. Such effects include an association between a mother's exposure and effects on her child's nervous system, hormone levels, and immune system. Some dioxins have been shown to cause cancer in laboratory animals exposed to high levels of the chemicals throughout their lifetime. The available human studies provide strong evidence of an association between exposure to one dioxin (2,3,7,8-tetrachlorodibenzo-p-dioxin) and cancer.

**Cadmium** is a naturally-occurring metal found in small amounts in soil and water. Cadmium is used in many industrial operations and in consumer products such as paints, plastics, and batteries. Cadmium also occurs in foods (especially fruits, vegetables, and cereals) and tobacco. Cadmium can also be found in fish and shellfish from some waters.

Health concerns: Cadmium accumulates in the body, mainly in the kidneys, with continued exposure. Some people with long-term cadmium exposure have had effects on their kidneys, bones, and blood.

**Lead** can be found in fishing tackle (especially sinkers and jig heads).

Health concerns: Lead can cause health problems when it builds up in the body. Because the unborn baby and young child are at the greatest risk, it is particularly important for pregnant people, people who can bear children (under 50), and young children to minimize their lead exposures. Lead poisoning can slow a child's physical growth and mental development and can cause behavior and other nervous system problems, reproductive problems, kidney and liver damage, blindness, and even death in both adults and children.

To reduce exposure to the lead in these products, you should:

- Keep all lead objects away from young children (young children often put their hands and objects in their mouth).
- Wash hands with soap and water after holding or using lead sinkers and jig heads.
- Never put lead sinkers in your mouth. This includes biting down on lead sinkers.
- Never eat, drink, or smoke immediately after handling lead sinkers, wash hands first.
- Take proper precautions when melting lead and pouring sinkers at home.

Consider non-lead alternatives. NYS DOH recommends that non-lead fishing sinkers and lures be used whenever possible. NYS DEC encourages anglers to use non-lead alternatives for sinkers and jig heads to reduce the risk of lead poisoning to birds. New York State law prohibits the sale of lead fishing sinkers (including "split shot") weighing one-half ounce or less. More information is provided on the NYS DEC website [www.dec.ny.gov/outdoor/9223.html](http://www.dec.ny.gov/outdoor/9223.html).

## Good Sanitary Practices While Fishing and Handling Fish

Microorganisms such as bacteria, viruses, and parasites are in all waters, and can be found on fish and crabs. These microorganisms may come from combined sewer overflows (CSOs\*), faulty septic systems, and animal waste. After heavy rains, levels of fecal contamination can be higher in waters. Assume that all waters can have fecal contamination even if you can't see it.

While fishing and handling fish, take the following precautions to avoid contact with microorganisms which can make you sick:

### Fishing

- If you see raw sewage, avoid fishing. Follow advice on any sewage-related signs.
- Keep your hands away from your mouth, eyes, ears, and nose while fishing and cover open wounds to avoid contact with the water. This reduces the chances of getting sick from microorganisms that can enter your body through these pathways.
- Wash your hands after fishing, especially before eating, and shower if you have had contact with the water.

### Handling and Preparing Fish

Fish and crabs, even from waters with high levels of microorganisms, can be eaten if you follow these good hygiene practices:

- Only keep fish that act and look healthy.
- Wear nitrile, rubber or plastic protective gloves while gutting, filleting, and skinning the fish. Avoid directly handling and preparing fish when you have cuts or open sores on your hands.
- Remove and discard the guts (internal organs) soon after harvest, and avoid direct contact with the intestinal contents.
- Keep fish cool (with ice or refrigerated below 45°F or 7°C) until filleted and then refrigerate or freeze.
- Wash hands, utensils, and work surfaces before and after handling any raw food, including fish.
- Unlike PCBs, mercury and other chemicals, most microorganisms can be destroyed by cooking. Cook fish thoroughly until internal temperature is 145°F or until flesh is pearly and opaque and separates easily with a fork.

\*For more information about CSOs visit the DEC website <http://www.dec.ny.gov/chemical/48595.html>.

### Advice on Eating Raw or Partially Cooked Fish and Shellfish

Foods of animal origin, such as pork, poultry, beef, dairy products, eggs, fish, and shellfish, can be contaminated with bacteria, viruses, or parasites that can cause illness. Persons at high risk (for example, those who are immunocompromised, suffer from liver disease or other chronic diseases) can be more susceptible to and more severely affected by these infectious diseases. This is why we recommend that all of these foods be thoroughly cooked before eating. Government agencies and the food industry strive to minimize contamination of raw animal foods and provide healthful food products.

### Bacteria in Clams, Oysters and Mussels

NYS DEC routinely tests clam, oyster, and mussel beds for bacteria. Based on these tests, an area may be closed to shellfish harvesting. Please check [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html) for more information.

### Marine Algal Toxins in Clams, Oysters, Mussels, Scallops, Snails, Crabs, and Lobsters

Under certain environmental conditions, some types of marine algae will grow in abundance ('bloom') and produce saxitoxin, a dangerous neurotoxin. These events are generally temporary, occurring midspring to early summer in New York State waters. Because mussels, oysters, clams, and scallops filter feed, they can concentrate the saxitoxin in their body tissues. Carnivorous snails (conch, whelks, and moon snails) can accumulate dangerous levels of the toxin as they feed on contaminated shellfish.

Eating foods contaminated with saxitoxin can cause paralytic shellfish poisoning (PSP), which affects the nervous system and in severe cases can lead to paralysis, respiratory failure, and death. Saxitoxin cannot be removed through cooking. If consumption of saxitoxin is suspected, seek medical attention immediately.

NYS DEC monitors shellfish for saxitoxin, and temporarily closes harvest in areas with elevated levels of saxitoxin. Do not harvest or eat clams, oysters, mussels, scallops, or carnivorous snails (conch, whelks, and moon snails) from areas closed to shellfish harvest due to saxitoxin.

NYS DOH advises that people not eat the soft green material (mustard, tomalley, liver, or hepatopancreas) found in the body section of crabs and lobsters from any waters because cadmium, PCBs and other contaminants as well as toxins produced by some marine algae concentrate there. Because contaminants may be transferred to cooking liquid, people should also discard crab or lobster cooking liquid.

Check the NYS DEC website at [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html) for information on shellfish harvest and at [www.dec.ny.gov/outdoor/64824.html](http://www.dec.ny.gov/outdoor/64824.html) for information on saxitoxin and other marine toxins. You can also call NYS DEC at (631) 444-0475 for information on shellfish regulations, including areas in which clam, oyster, and mussel collection are permitted and at (631) 444-0480 for the latest information on emergency closures.

## **Freshwater Harmful Blue-green Algae Blooms**

Blue-green algae (technically known as cyanobacteria) are microscopic organisms naturally present in lakes and streams. They can become very abundant in warm, shallow, undisturbed surface water, forming “blooms” (often called harmful blue green algal blooms) that discolor the water or form scums on the water surface. Exposure to blue-green algae and their toxins pose a health risk to people, pets, and livestock. Therefore, you should avoid all water contact (including swimming, wading, and fishing) in areas where you can see algal blooms, and don’t eat fish caught in areas with visible algal blooms. Rinse exposed skin with clean water if you contact algal blooms. When a visible bloom is not present, you should follow the fish consumption advice for that waterbody and remember to use good sanitary practices while fishing and handling fish. For more information on the types of advisories, see page 3. For more information on harmful algal blooms go to [www.health.ny.gov/HarmfulAlgae](http://www.health.ny.gov/HarmfulAlgae).

## **Deformed or Abnormal Fish**

The health implications of eating deformed or abnormal fish are unknown. Any obviously diseased fish (marked by tumors, lesions, or other abnormal condition of the fish skin, meat, or internal organs) should be discarded.

## **Health Advice for Harvesting, Preparing, and Eating Wild Game**

Hunting provides contact with nature and healthy exercise, and, if you’re lucky, you’ll harvest locally-sourced food that can be delicious and nutritious! While deer are most popular, some hunters enjoy a variety of game such as bear, rabbit, turkey, ducks, geese, squirrel, and others. Make sure the animal is acting normally before harvesting and follow the good sanitary practices outlined below. Always check the DEC website for information on special licenses and appropriate seasons if applicable.

## **Good Sanitary Practices**

Follow these good sanitary practices to minimize the risk of bacteria and diseases like rabies and Chronic Wasting Disease (CWD) when handling or processing animals.

Do not handle or eat game or waterfowl that appear sick, act strangely, or are found dead. Handling animals with suspected rabies or CWD should be avoided and meat from infected game should never be eaten.

### **Hand and Tool Hygiene**

- Wear nitrile, rubber or latex gloves when field dressing, skinning, and butchering game.
- It’s especially important to wear gloves when your hands have cuts or open sores.
- Wash hands, tools and work surfaces with soap and water before handling any raw food, including game meat.
- After butchering, wash tools, work surfaces, and your hands, arms or other exposed body parts thoroughly with soap and water.
- Rinse tools and work surfaces with either boiling water (212°F) or sanitize with a bleach solution or chemical sanitizer.
- Butchering tools should never be used for any other purpose. Keep butchering tools separate from utensils regularly used in the kitchen.

**Warning:** Bleach should only be diluted with water. Never mix it with ammonia or other chemicals. Add bleach to water, not vice versa. Always wear nitrile, rubber or latex gloves when handling bleach and avoid getting it in eyes, skin or clothing. When there is contact, immediately wash affected areas with water and remove affected clothing. Use bleach in well ventilated areas because it may cause eye, nose, or throat irritation.

### **Butchering Considerations**

- Discard intestines. Remove them soon after harvest and avoid direct contact with intestinal contents.
- Remove all bullets, slugs, shot, bullet fragments, debris and affected meat (including feathers, fur, bone, etc.) from game when preparing it for consumption.

- Avoid handling or cutting through the skull or spinal cord. If removing antlers, use separate dedicated knives, saws and cutting boards.
  - If you take the skull cap (with antlers), thoroughly clean the skull cap, utensils and work surfaces with bleach solution, as described above.
  - Avoid handling the brain and spinal tissues or fluids, saliva and mouth parts of game animals.
  - Wash hands thoroughly with soap and water if these are handled.
- Game should be kept cool (with ice or refrigerated below 45 °F or 7 °C) until butchered (including big game hanging for several days) and then the meat refrigerated or frozen.
- Cook all game and birds to at least 165 °F (74 °C) in the thickest part of the meat.

For additional information on butchering precautions for Chronic Wasting Disease (CWD) visit [www.health.ny.gov/advice\\_on\\_eating\\_game.htm](http://www.health.ny.gov/advice_on_eating_game.htm).

## About Chronic Wasting Disease

CWD is a disease of deer and elk. It has been present for several years in Western and mid-Western states and some Canadian provinces. No cases of CWD have been detected in New York State since 2005 when it was found in captive and wild white-tailed deer.

CWD is a brain infection in these animals that leads to:

- loss of body functions,
- poor body condition,
- abnormal behavior such as staggering or very poor posture,
- eventual death of the animal.

CWD appears to be caused by abnormal, infectious proteins called prions. Cooking does not remove the risk of CWD. However, there is currently no evidence that CWD in animals is linked to disease in people.

## About Rabies

Rabies is a viral infection which causes a rapidly progressive disease of the animal's nervous system that leads to paralysis and death, usually within several days after signs of the disease first appear. Rabies can be found in any mammal (especially raccoons, bats, skunks and foxes), but is found only occasionally in New York State deer.

Rabid animals may:

- seem to lose their normal fear of humans,
- salivate excessively,
- appear to have injured hind legs,
- or be found lying on the ground struggling.

Rabies can be transmitted from infected mammals to humans by exposure to infected tissues and fluids, particularly nervous tissue and saliva. Treatment can prevent rabies from developing in exposed humans. Rabies is almost always fatal in exposed humans who develop the disease.

Avoid handling rabid animals and do not eat meat from infected game.

For additional information about the risk to humans from rabies, visit the NYS DOH communicable diseases website [www.health.ny.gov/diseases/communicable/zoonoses/](http://www.health.ny.gov/diseases/communicable/zoonoses/).

## Risks of Lead Shot Game and Ammunition Alternatives

Lead is toxic; there is no known safe level of lead exposure for children or adults. Game harvested with lead ammunition are of greatest concern for young children who are most harmed by the toxic effects of lead. Ballistic studies show that lead ammunition shatters into small pieces upon impact with game and may contaminate meat. These pieces can be too small to detect by sight, feel, or when eating. The best way to avoid lead exposure from eating game is to use non-lead ammunition or consider bow hunting. This is especially important if you are donating game meat. Using non-lead ammunition also reduces risk to other wildlife (particularly bald eagles) which may consume contaminated meat or viscera from gut piles or wounded animals not found by hunters.



Lead accumulates in the human body over a lifetime, and it is released very slowly. For adults, health effects could be occurring from lead at very low levels of exposure, even if people don't observe symptoms. Women who are pregnant or considering becoming pregnant, those who are breastfeeding, and parents of children should carefully consider the potential risks of eating game harvested with lead ammunition. Because of these risks, DOH recommends that children and women of childbearing age should not eat game meat that was harvested using lead ammunition. You may want to consult with your health care provider or contact the resources linked below to learn more.

Choosing non-lead ammunition yields better meat (for more information on non-lead ammunition visit the DEC website [www.dec.ny.gov/outdoor/48420.html](http://www.dec.ny.gov/outdoor/48420.html)). Non-lead ammunition typically remains more intact, creates a smaller wound channel and reduces contamination from fur, dirt, bone, etc.

**Processing Tips for Reducing Exposure from Lead-Shot Game**

- Discard meat with excessive bullet damage. Trim a generous distance away from bullet wound channels and discard bruised or discolored meat, as well as meat contaminated with fur, dirt, bone fragments or plant material.
- If using a commercial processor, ask them to process your deer separately from others and request they trim generously around the wound channel.
- Ground meat from lead-shot game tends to contain more lead fragments than whole muscle cuts. If you grind, clean your meat grinder regularly

**Health Advice for Eating Waterfowl and Snapping Turtles**

NYS DOH issues health advice about limiting the amount of waterfowl and snapping turtles you eat because of chemical contamination.

Note: The use of lead shot for waterfowl hunting is prohibited in New York State, and waterfowl hunters are required to use NYS DEC approved non-lead shot alternatives.

**Wild Waterfowl**

**(Contaminants: PCBs, mirex, chlordane, DDT)**

<b>Waterfowl</b>	<b>Advice for Everyone</b>
Mergansers	DON'T EAT
All other waterfowl	Up to 2 meals/month

**Tips for Reducing Exposures:**

Wood ducks and Canada geese are better choices than other wild waterfowl because they have lower contaminant levels. Dabbling ducks, which accumulate less chemicals, are a better choice than diving ducks.

Skin and remove all fat before cooking, and discard stuffing after cooking.

**Special Advice for Hudson River Waterfowl due to PCBs**

- Avoid harvesting waterfowl from the Hudson River between Hudson Falls (Washington County) and Troy (Rensselaer County) due to PCBs. Instead harvest your waterfowl from other areas on the Hudson River or other waters.
- In all other waters, harvest waterfowl during the early season when many birds are likely to be resident waterfowl (non-migratory).
- Because PCBs may have a greater effect on young children or the unborn child, it is particularly important for women under 50 and children under 15 to follow this advice and minimize their PCB exposures.

**Snapping Turtles (Contaminants: PCBs)**

<b>Population</b>	<b>Advice</b>
Sensitive Population	DON'T EAT
General Population	Avoid eating snapping turtles that come from a waterbody with PCB advisories for fish

**Tips for Reducing Exposures:**

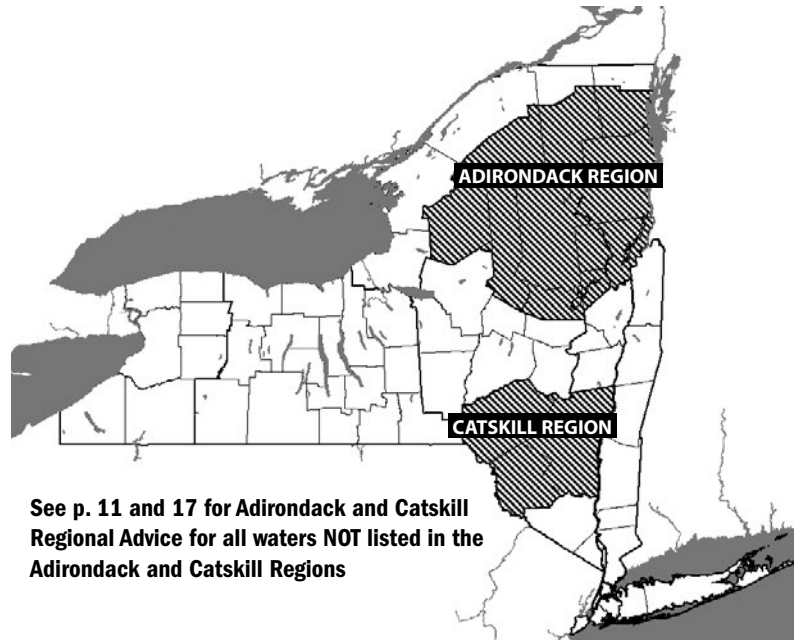
Reduce your exposure by carefully trimming away and discarding all fat, liver and eggs prior to cooking the meat or preparing soup.

Snapping turtles retain contaminants in their fat, liver, eggs and, to a lesser extent, muscle.

**For recipes and field dressing videos visit the NYS DOH website: [www.health.ny.gov/advice\\_on\\_eating\\_game.htm](http://www.health.ny.gov/advice_on_eating_game.htm).**

# Alphabetic Listing of Waterbodies with Advisories

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WEST – Western	5
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LE/C – Leatherstocking/Central	15
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**See p. 11 and 17 for Adirondack and Catskill Regional Advice for all waters NOT listed in the Adirondack and Catskill Regions**

Waterbody	Region	Waterbody	Region
Amawalk Reservoir	HV/CD	Dyken Pond	HV/CD
Arthur Kill	NYC	East Branch Reservoir	HV/CD
Ashokan Reservoir	CAT	East River to Throgs Neck Bridge	NYC
Atlantic Ocean	NYC, LI-M	Effley Falls Pond	ADK
Beaverdam Lake & stream from Stewart State Forest to Beaverdam Lake	HV/CD	Eighteenmile Creek, above and below Burt Dam	WEST
Big Reed Pond	LI-F	Erie Canal, between Lockport & Niagara River	WEST
Black River, Carthage State Dam to Herrings Dam	SL	Erie Canal/Mohawk River (Herkimer/Oneida)	LE/C
Block Island Sound	LI-M	Fall Lake	ADK
Bog Brook Reservoir	HV/CD	Ferris Lake	ADK
Boyd Corners Reservoir	HV/CD	Forge River, tidal portion from Montauk Highway Dam/West Millpond Dam to Masury Point	LI-M
Bubb Lake	ADK	Franklin Falls Flow/Pond	ADK
Buffalo River and Harbor	WEST	Freeport Reservoir	LI-F
Canadice Lake	FL	Fresh Pond, Hither Hills State Park	LI-F
Cannonsville Reservoir	CAT	Gardiners Bay	LI-M
Carmans River, above Southaven Park Dam	LI-F	Goodyear Lake	LE/C
Carmans River, tidal portion from Southaven Park Dam to Beaver Dam Road	LI-M	Grant Park Pond	LI-F
Cayuga Creek	WEST	Grasse River, mouth to Massena Power Canal	SL
Chenango River	FL, LE/C	Hall's Pond	LI-F
Chodiikee Lake	HV/CD	Harlem River	NYC
Clark Street Ponds	HV/CD	Herrick Hollow Creek	CAT
Coldbrook Creek	FL	Hoosic River	HV/CD
Crest View Lake	HV/CD	Hudson River	ADK, HR, HV/CD, CAT, NYC
Cross River Reservoir	HV/CD	Irondequoit Bay	FL
Delaware Park Lake/Hoyt Lake	WEST	Jamaica Bay	NYC, LI-M
Delta Lake	LE/C	Kill Van Kull	NYC
Diverting Reservoir	HV/CD	Kinderhook Lake	HV/CD
Dunham Reservoir	HV/CD		

## Alphabetic Listing of Waterbodies with Advisories continued

Waterbody	Region	Waterbody	Region
Koppers Pond	FL	Red Lake	SL
Lake Alice/Waterport Reservoir	WEST	Ridders Pond	LI-F
Lake Capri	LI-F	Rio Reservoir	HV/CD
Lake Champlain	ADK, SL	Rushford Lake	FL
Lake Erie	WEST	Sagamore Lake	ADK
Lake Flower	ADK	Salmon River (Clinton Co)	ADK
Lake Ontario	FL, SL, WEST	Salmon River (Oswego Co)	SL
Lake Welch	HV	Salmon River Reservoir	SL
Lewey Lake	ADK	Sauquoit Creek	LE/C
Lewiston Reservoir/Power Reservoir	WEST	Saw Mill River	HV/CD
Lockwood Basin/Masterson Park Pond	HV/CD	Scajaquada Creek	WEST
Loch Sheldrake	HV/CD	Schoharie Reservoir	CAT
Lofts Pond	LI-F	Seneca River, downstream of Lock 24 at Baldwinsville	FL
Long Island Sound	NYC, LI-M	Sheldrake River	HV/CD
Long Island South Shore	LI-M	Silver Stream	HV/CD
Lower Chateaugay Lake	ADK	Sixmile Creek, downstream of Gulf Road to mouth of Mohawk River	LE/C
Lower New York Bay, south of Verrazano Narrows Bridge	NYC	Skaneateles Creek, Skaneateles Lake Dam at Skaneateles to Seneca River	FL
Massapequa Reservoir, upstream of Long Island Railroad	LI-F	Smith Pond, Rockville Centre	LI-F
Massena Power Canal	SL	Smith Pond, Roosevelt Park	LI-F
Masterson Park Pond/Lockwood Basin	HV/CD	Soft Maple Reservoir	ADK
Meacham Lake	ADK	Spring Lake, Middle Island	LI-F
Mohawk River/Erie Canal (Herkimer/Oneida)	LE/C	St. Lawrence River	SL
Mohawk River (Schenectady/Montgomery/Albany/Saratoga)	HV/CD	Stark Falls Reservoir	ADK
Moodna Creek	HV/CD	Stoner Lakes	ADK
Moshier Reservoir	ADK	Sunday Lake	ADK
Mud Creek, tributary to Sauquoit Creek	LE/C	Susquehanna River	CAT, FL, LE/C
Nassau Lake	HV/CD	Swinging Bridge Reservoir	HV/CD
Neversink Reservoir	CAT	Thayers Pond	HV/CD
Newark Bay	NYC	Threemile Creek	LE/C
Niagara River	WEST	Titicus Reservoir	HV/CD
North Lake, Town of Ohio	ADK	Tupper Lake	ADK
North-South Lake	CAT	Unadilla River	LE/C
Onondaga Lake	FL	Upper New York Bay, north of Verrazano Narrows Bridge	NYC
Oseetah Lake	ADK	Upper Twin Pond	LI-F
Oswego River	SL	Valatie Kill	HV/CD
Owasco Lake	FL	Washington Lake	HV/CD
Paerdegat Basin in Jamaica Bay	NYC, LI-M	Waterport Reservoir/Lake Alice	WEST
Peconic Bay	LI-M	West Branch Reservoir	HV/CD
Peconic Lake and River	LI-F	Whitney Park Pond	LI-F
Pepacton Reservoir	CAT	Woods Lake	ADK
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point	LI-M		
Rainbow Falls Reservoir	ADK		
Raritan Bay	NYC		
Recreation Pond	HV/CD		



Look inside for this icon that highlights special advice for the sensitive population.

## What's New

### **New advice for the entire Catskill Region, as well as waters in the Leatherstocking, Western, and Long Island Regions.**

- See the **new Catskill Regional Advice** for the best choice fish that the whole family can eat. DOH has updated the regional advice for the Catskill Region to be more protective for families consuming locally caught fish. Anglers should follow the regional advice when fishing in any Catskill Region water that doesn't have a specific advisory. These changes are based upon the adoption of new health-protective mercury guidelines issued in 2021.
- Advice has also changed for Catskill waters with specific advisories such as the **Ashokan, Cannonsville, Neversink, Pepacton, and Schoharie Reservoirs as well as Herrick Hollow Creek and North-South Lake**. The sensitive population, people who may bear children under the age of 50 and children under 15, can now eat some lower mercury species from these waters. Specific advice can be found here. ([www.health.ny.gov/fish/CAT](http://www.health.ny.gov/fish/CAT))
- The specific advisory for the Rondout Reservoir was removed. Families can now follow the new Catskill Regional Advice and choose to eat from lower mercury species.

### **Western Region advice has been added for Scajaquada Creek and Waterport Reservoir/Lake Alice.**

**DOH and DEC continue to work collaboratively to test for, and issue advice, for PFAS contamination in fish.** Based on guidelines developed in 2019 by the Great Lakes Consortium for Fish Consumption Advisories, an interstate collaborative that includes New York State's fish advisory program, NYS DOH continues to analyze and issue advisories for PFAS in fish. This year, PFAS advice has been issued for:

- **Threemile Creek** (Leatherstocking Region): don't eat fish from this water body and practice catch and release as an alternative.
- **Mohawk River/Erie Canal** (Leatherstocking Region): rock bass, smallmouth bass, walleye, and yellow perch may be eaten up to 1 meal a month by the general population (people beyond their childbearing years and those who do not bear children) while the sensitive population should not eat them at all.
- **Peconic Lake/Peconic River between the Edwards Ave. Dam and the Peconic Lake Dam** (Long Island Region): yellow perch can be eaten up to 1 meal a month for the general population while the sensitive population should not eat them at all.

More information about how NYS DOH sets fish advisories is available here: [www.health.ny.gov/fish/background.htm](http://www.health.ny.gov/fish/background.htm).

*The sensitive population refers to people who may bear children under the age of 50 and children under 15.*

*The general population refers to everyone else.*