

Fish Advisory

Lake Ozette Olympic National Park

Studies conducted by the Washington State Department of Ecology found high levels of mercury in certain fish species in Lake Ozette. Fish are an important part of a healthy diet. To gain the health benefits in fish and protect your health, follow this advice.

Babies and children are most at-risk. Women who are or might become pregnant, nursing mothers, and children should follow all of this advisory.



How much can I eat?

Women 18 - 45 especially if pregnant



Children 1 - 17

Women 46 and older and not pregnant

Men 18 and older



3 servings per week

LIMIT

Yellow Perch

Bullhead Catfish

1 serving per week

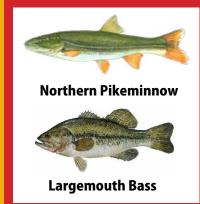
4 servings per month

of any combination

of these fish

12 servings per month of any combination of these fish

DO NOT EAT



Everyone Do not eat

Largemouth Bass

How to Use this Table

If a child eats 1 serving of yellow perch from Lake Ozette, no other fish should be eaten that week.

If a 25 year-old woman eats 1 serving of bullhead catfish from Lake Ozette, no other fish should be eaten that week.

Northern Pikeminnow

What is a serving?





For Adults **For Children**

A serving is about the size and thickness of your hand. Give children smaller servings.

Healthy Tips

- Before cooking fish remove the skin, fat, and internal organs.
- Eat younger and smaller fish (within legal limits).
- Eat a variety of fish.

Washington State Department of September 2015 DOH 334-373

Discussion: The Washington State Department of Health recommends that women who are or might become pregnant, nursing mothers, and children limit fish to 1 serving per week when fish tissue mercury levels exceed 156 parts per billion (ppb), and to not eat fish when levels are above 1000 ppb. Mercury collects in the muscle (fillet) of fish and cannot be reduced by cooking or removing skin, fat, or internal organs.

Numerous studies conducted by the Washington State Department of Ecology have found high mercury levels in Lake Ozette largemouth bass and northern pikeminnow fish tissue. Average concentrations in both species were over 750 ppb and as high as 1900 ppb in individual fish. Mercury levels in yellow perch were also elevated at 200 – 310 ppb.

Ouestions?

Olympic National Park Fish Program (360) 565-3075

Department of Health Toll Free: 1-877-485-7316 Visit: www.doh.wa.gov/fish