

Appendix E

Fish Consumption Advisory
(Vermont Department of Health, June 2000)

HEALTH ALERT

The Vermont Department of Health recommends that people limit their consumption of some fish caught in Vermont waters.

The advisory is based on tests of hundreds of fish caught in Vermont waters in the past 10 years and on scientific information about the harmful effects of mercury and, in the case of large lake trout in Lake Champlain and all fish in the Hoosic River, of PCBs (polychlorinated biphenyls).

To minimize exposure to these potentially harmful contaminants and to protect your health, follow the guidelines below when eating fish caught in Vermont. Eating the total monthly limit within a single week is not recommended. (One meal equals 8 ounces of raw fish fillet.)

General Advisory:	WOMEN OF CHILDBEARING AGE (particularly pregnant women, women planning to get pregnant, and breastfeeding mothers) and CHILDREN AGE 6 OR YOUNGER	ALL OTHER INDIVIDUALS
Brown Bullhead, Pumpkinseed	No Advisory	No Advisory
Walleye	0 Meals	No more than 1 meal/month
Lake Trout, Smallmouth Bass, Chain Pickerel, American Eel	No more than 1 meal/month	No more than 3 meals/month
Largemouth Bass, Northern Pike	No more than 2 meals/month	No more than 6 meals/month
Brook Trout, Brown Trout, Rainbow Trout, Yellow Perch	No more than 3-4 meals/month	No Advisory
All Other Fish	No more than 2-3 meals/month	No more than 9 meals/month
Special Advisories:		
Lake Carmi – Walleye	No more than 4 meals/month	No Advisory
Lake Champlain - Lake Trout larger than 25 inches	0 Meals (includes all children under age 15)	No more than 1 meal/month
Hoosic River - All Fish	0 meals	0 meals

15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir) - All Fish	0 meals	No more than 2 meals/month
15 Mile Falls Chain (McIndoes Reservoir) - Yellow Perch	No more than 2 meals/month	No more than 6 meals/month
15 Mile Falls Chain (McIndoes Reservoir) - All Other Fish	No more than 1 meal/month	No more than 3 meals/month
Special Advisory: Deerfield Chain (Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, Searsburg Reservoir)		
Brown Bullhead, Brook Trout	No Advisory	No Advisory
Rainbow Trout, Brown Trout (smaller than 14 inches), Rock Bass, Rainbow Smelt, Yellow Perch	No more than 1 meal/month	No more than 3 meals/month
Brown Trout (larger than 14 inches), All Other Fish	0 Meals	No more than 1 meal/month

For more information call: 1-800-439-8550

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