

PLEASE  
NOTE:  
This advisory has  
undergone slight changes in  
content to reflect new information  
as well as format to make it more  
understandable!

# Warning!

## Guidelines for eating fish from Penobscot Territory Waters

To prevent possible harm from mercury, dioxins, and PCBs due to eating freshwater fish, we offer this advice:

All children under 8 and women who are nursing,  
pregnant or could become pregnant,

**the most sensitive population from health effects of mercury,**

should eat **NO FISH**  
from Penobscot Nation Territory waters  
and other Maine inland waters.

*If you are eating fish: small trout and salmon are safer choices than large bass and pickerel.*



EVERYONE ELSE who is taking fish from  
Penobscot Nation Territory Waters



on the Penobscot River below  
Mattaseunk Dam (Mattawamkeag)

**OR**

anywhere else, where you are taking...

... Brook trout,  
Landlocked salmon

**OR**

Any  
other fish

You should  
eat **NO**  
more than

**1 meal per  
month.**

*This advisory is for protection from dioxins and PCBs.*

You should  
eat **NO**  
more than

**1 meal per  
week.**

You should  
eat **NO**  
more than

**2 meals  
per month.**

These advisories  
are for protection  
from mercury.

For questions or  
more information: Penobscot DNR  
207.827.7776, x. 7361