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.

EVERYONE ELSE who is taking fish from Penobscot Nation Territory Waters

- on the Penobscot River below Mattaseunk Dam (Mattawamkeag)
- anywhere else, where you are taking...

You should eat NO more than
1 meal per month.

... Brook trout, Landlocked salmon OR
Any other fish

You should eat NO more than
1 meal per week.

You should eat NO more than
2 meals per month.

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

These advisories are for protection from mercury.