

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)

You should eat **NO** more than

1 meal per month.

This advisory is for protection from dioxins and PCBs.

OR

anywhere else, where you are taking...

... 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.

These advisories are for protection from mercury.

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