

Why all the fuss about eating freshwater fish?



Why are there warnings for eating local, freshwater fish?

Many of our local rivers, streams, brooks and other waterways have been polluted with mercury, dioxin and PCB's. These are chemicals that are not good for our health. They are especially toxic to children, pregnant women, and breastfeeding women. This is because mercury may slow or impair the growth of the brain and nervous system. Each waterway has a different level of these chemicals in them. The Penobscot Nation Health Department and Department of Natural Resources feel that we do not know enough about the health effects of being exposed to even low levels of these chemicals. That is why cautious recommendations are made to protect our community. Please use the following chart when deciding how much local, freshwater fish to eat. If you plan to fish anywhere else, use the State of Maine Open Water Fishing Regulation booklet for the consumption guidelines. If you have any questions, or would like more information, please call DNR at 827-7776.

All children under 8 and women who are nursing, pregnant or could become pregnant.
• should eat <i>NO FISH</i> from Penobscot Nation Territory waters and other Maine inland waters
* This advice is to protect the most sensitive population from health effects of mercury. Fish from these waters contain mercury, which may harm growth of the brain and nervous system.

For everyone else:

For all Penobscot Nation Territory waters EXCEPT for the Penobscot River below Mattaceunk Dam (Winn).	For the Penobscot River below Mattaceunk Dam (Winn).
• should eat no more than 1 meal per week .	• should eat no more than 1 meal per month .
*This advisory is for protection from mercury.	*This advisory is for protection from dioxins and PCBs.

**Small trout and salmon are
safer choices than large bass
and pickerel.**

