

Warning: Guidelines for Eating Fish from the Penobscot 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...

• should eat **NO FISH** 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:

From all Penobscot Nation Territory waters EXCEPT the Penobscot River below Mattaceunk Dam (Winn)...

• should eat no more than **1 meal per week.**

*This advisory is for protection from mercury.

From Penobscot River below Mattaceunk Dam (Winn)...

• should eat no more than **1 meal per month.**

*This advisory is for protection from dioxins and PCBs.



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

Penobscot Nation Health Department and Department of Natural Resources feel that we do not know enough about the health effects of low-level exposures to mercury, dioxin and PCBs. That is why we are making conservative recommendations to protect our community. If you plan to fish anywhere else use the State of Maine Open Water Fishing Regulation booklet for consumption guidelines.

For questions or more information:
Penobscot DNR 827-7776 x.7361.