

Warning!

New 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.



on the Penobscot River below
Mattaseunk Dam (Mattawamkeag)

EVERYONE ELSE who is taking fish from
Penobscot Nation Territory Waters



anywhere else, where you are taking...

OR

... 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.

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

You should
eat **NO**
more than

**1 meal per
week.**

These advisories
are for protection
from mercury.

You should
eat **NO**
more than

**2 meals
per month.**