

OREGON FISH ADVISORIES

Fish are a nutritious, low-fat source of protein. However, fish in some Oregon waters have contaminants that may be harmful to you and your family's health. Please consult the recommendations below for fish consumption guidelines. For more information call the Oregon Department of Human Services at 503-731-4012 or visit their website at www.healthoregon.org/fishadv.

WATERBODY	CONTAMINANT
Antelope Reservoir (SE Zone)	<p style="text-align: center;">Very high mercury levels</p> <ul style="list-style-type: none"> • Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters. • Healthy adults should eat no more than one 8-ounce meal per month.
Columbia Slough (Willamette Zone)	<p style="text-align: center;">PCB Levels</p> <ul style="list-style-type: none"> • All persons should reduce or avoid eating fatty parts of fish. Removing the skin and all fat, eggs and internal organs can reduce exposure. See <i>diagram below</i>.
Cooper Creek Reservoir (Willamette Zone)	<p style="text-align: center;">High mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks.
Cottage Grove Reservoir (Willamette Zone)	<p style="text-align: center;">Very high mercury levels</p> <ul style="list-style-type: none"> • Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters. • Healthy adults should eat no more than one 8-ounce meal per month.
Dorena Reservoir (Willamette Zone)	<p style="text-align: center;">High mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks.
East Lake (Central Zone) Do not eat brown trout 16" or larger	<p style="text-align: center;">High mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks.
Galesville Reservoir (SW Zone)	<p style="text-align: center;">High mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks.
Jordan Creek (SE Zone)	<p style="text-align: center;">Very high mercury levels</p> <ul style="list-style-type: none"> • Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters. • Healthy adults should eat no more than one 8-ounce meal per month.
Lower Columbia River (Columbia River Zone)	<p style="text-align: center;">PCBs, dioxins, & pesticides</p> <p>All persons should reduce or avoid eating fatty parts of fish. Removing the skin and all fat, eggs and internal organs can reduce exposure. See <i>diagram below</i>.</p>
Owyhee Reservoir (SE Zone)	<p style="text-align: center;">Very high mercury levels</p> <ul style="list-style-type: none"> • Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters. • Healthy adults should eat no more than one 8-ounce meal per month.

WATERBODY	CONTAMINANT
Owhyee River upstream of the reservoir to Three Forks (SE Zone)	<p style="text-align: center;">High mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks.
Plat I Reservoir (SW Zone)	<p style="text-align: center;">Moderate mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every month. • Women of childbearing age should eat no more than one 8-ounce meal every two weeks. • Healthy adults should eat no more than one 8-ounce meal every week.
Snake River, including Brownlee Reservoir (Snake River Zone)	<p style="text-align: center;">Moderate mercury levels</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every month. • Women of childbearing age should eat no more than one 8-ounce meal every two weeks. • Healthy adults should eat no more than one 8-ounce meal every week.
Willamette River and Coast Fork Willamette to Cottage Grove Reservoir	<p style="text-align: center;">High mercury levels and PCBs, dioxins & pesticides</p> <ul style="list-style-type: none"> • Children under 6 should eat no more than one 4-ounce meal every two months. • Women of childbearing age should eat no more than one 8-ounce meal every month. • Healthy adults should eat no more than one 8-ounce meal every two weeks. • All persons should reduce or avoid eating fatty parts of fish. Removing the skin and all fat, eggs and internal organs can reduce exposure. See diagram below.



CRAYFISH AND CLAM ADVISORIES

- Crayfish and clams harvested above (east of) **Bonneville Dam** to the mouth of Ruckel Creek should not be eaten.
- Crayfish taken within 1000 feet of the property lines of the former McCormick & Baxter site located south of the Burlington Northern Railroad Bridge in **Portland Harbor** should not be eaten

