

News release

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Health officials issue first-ever ‘green fish advisory’ for Cottage Grove and Dorena reservoirs

New advisory allows for more consumption of rainbow trout

People of all ages may safely consume more rainbow trout from Cottage Grove and Dorena reservoirs. Green advisories are issued when sport-caught fish such as rainbow trout can be eaten as part of a healthy diet at the recommended level of eight meals per month or more.

For Cottage Grove Reservoir, people can eat up to nine meals of rainbow trout per month. For Dorena Reservoir, people can consume up to 13 meals of rainbow trout per month. The rainbow trout need to be 12 inches long or smaller. A “meal” is about the size and thickness of the palm of your hand.

Oregon Department of Fish and Wildlife routinely stocks Oregon lakes with hatchery-grown rainbow trout. People can distinguish most hatchery-grown rainbow trout by the absence of the adipose fin, which is clipped before hatchery fish are released into streams and reservoirs. However, not all of the fish have been fin-clipped, so anglers are encouraged to consult Oregon’s [Sport Fishing Regulations](#) and learn to properly identify [rainbow trout](#).

Despite the new exception for rainbow trout, mercury contamination for resident warm-water fish, including species such as largemouth bass, bluegill, crappie and bullhead, remains a concern. As a result, this new green advisory does not replace the current fish advisories that remain in place for these popular fishing locations.

(more)

Cottage Grove Reservoir fish advisory

- **New:** People of all ages may safely eat nine meals per month of rainbow trout that are 12 inches in length or less.
- Women of childbearing age, particularly pregnant or breastfeeding women, children under 6 years of age and persons having liver or kidney ailments should avoid eating any fish other than rainbow trout from this reservoir.
- Healthy women beyond childbearing age, other healthy adults and healthy children 6 years of age and older should eat no more than one, eight-ounce meal of fish other than rainbow trout per month.

Dorena Reservoir fish advisory

- **New:** People of all ages may safely eat 13 meals per month of rainbow trout that are 12 inches in length or less.
- Children 6 years of age and younger should not eat more than one, four-ounce meal of fish other than rainbow trout every two months.
- Women of childbearing age, including pregnant women and breastfeeding mothers, should not eat more than one, eight-ounce meal of fish other than rainbow trout per month.
- Women beyond the age of childbearing, children 6 years of age and older, and other healthy adults should not eat more than one, eight-ounce meal of fish other than rainbow trout every two weeks.

The Oregon Health Authority and departments of Environmental Quality and Fish and Wildlife continue to monitor contaminant levels and update advisories if significant changes occur. Additional information about fish consumption and other fish advisories can be found on the OHA [fish advisory](#) website.

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