

HEALTH ALERT

The Vermont Department of Health recommends that people limit eating some fish caught in Vermont waters.

These advisories are based on tests of fish caught in Vermont waters and scientific information about the harmful effects of mercury and, in the case of large lake trout in Lake Champlain and all fish in the Hoosic River, PCBs (polychlorinated biphenyls).

You can mix and match fish (you catch or buy) with the same limits, but once you meet the lowest limit eat no more fish that month. Do not eat the monthly limit within a single week.

Store bought fresh and canned fish—including tuna—have mercury levels that are about the same as many Vermont-caught fish. Add in store bought fish when you decide how many fish meals to eat each month.

One fish meal = 8 ounces uncooked fish

For more information call 1-800-439-8550
healthvermont.gov



GENERAL ADVISORY:

Brown Bullhead
Pumpkinseed
Walleye

American Eel
Chain Pickerel
Lake Trout
Smallmouth Bass

Largemouth Bass
Northern Pike
Yellow Perch (10 inches and larger)

Brook Trout
Brown Trout
Rainbow Trout
White Perch
Yellow Perch (smaller than 10 inches)

All Other Fish

SPECIAL ADVISORIES:

Lake Carmi - Walleye

Lake Champlain
Lake Trout (larger than 25 inches)

Smallmouth Bass (19 inches and larger)

Yellow Perch (smaller than 10 inches)

Shelburne Pond
Yellow Perch (smaller than 10 inches)

Hoosic River - All Fish

Deerfield Chain
(Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)

Brook Trout
Brown Bullhead

Brown Trout (14 inches and smaller)
Rainbow Smelt
Rainbow Trout
Rock Bass
Yellow Perch

Brown Trout (larger than 14 inches)
All Other Fish

15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)

White Sucker

All Fish

15 Mile Falls Chain (McIndoes Reservoir)

Yellow Perch

All Other Fish

	Women of childbearing age and children age 6 and under	Everyone else
	No more than 5 meals/month	No Restrictions
	0 Meals	No more than 1 meal/month
	No more than 1 meal/month	No more than 3 meals/month
	No more than 2 meals/month	No more than 6 meals/month
	No more than 3-4 meals/month	No Restrictions
	No more than 2-3 meals/month	No more than 9 meals/month
	No more than 4 meals/month	No Restrictions
	0 meals (includes all children under 15)	No more than 1 meal/month
	0 meals	No more than 1 meal/month
	No more than 5 meals/month	No Restrictions
	No more than 5 meals/month	No Restrictions
	0 meals	0 meals
	No more than 5 meals/month	No Restrictions
	No more than 1 meal/month	No more than 3 meals/month
	0 meals	No more than 1 meal/month
	No more than 1 meal/month	No more than 3 meals/month
	No more than 2 meals/month	No more than 6 meals/month
	No more than 1 meal/month	No more than 3 meals/month