

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

GENERAL ADVISORY:

- Brown Bullhead
- Pumpkinseed
- Walleye
- Lake Trout
- Smallmouth Bass
- Chain Pickerel
- American Eel
- Largemouth Bass
- Northern Pike
- Yellow Perch (larger than 10 inches)
- Brook Trout
- Brown Trout
- Rainbow Trout
- Yellow Perch (smaller than 10 inches)
- All Other Fish

SPECIAL ADVISORIES:

- Lake Carmi** - Walleye
- Lake Champlain** - Lake Trout (larger than 25 inches)
- Hoosic River** - All Fish
- Deerfield Chain**
(Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)
- Brown Bullhead
- Brook Trout
- Rainbow Trout
- Brown Trout (smaller than 14 inches)
- Rock Bass
- Rainbow Smelt
- 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
GENERAL ADVISORY:		
Brown Bullhead	No more than 5 meals/month	No Restrictions
Pumpkinseed	0 Meals	No more than 1 meal/month
Walleye	No more than 1 meal/month	No more than 3 meals/month
Lake Trout	No more than 2 meals/month	No more than 6 meals/month
Smallmouth Bass	No more than 3-4 meals/month	No Restrictions
Chain Pickerel	No more than 2-3 meals/month	No more than 9 meals/month
American Eel		
Largemouth Bass	No more than 4 meals/month	No Restrictions
Northern Pike	0 meals (includes all children under 15)	No more than 1 meal/month
Yellow Perch (larger than 10 inches)	0 meals	0 meals
Brook Trout		
Brown Trout	No more than 5 meals/month	No Restrictions
Rainbow Trout	No more than 1 meal/month	No more than 3 meals/month
Yellow Perch (smaller than 10 inches)	0 meals	No more than 1 meal/month
All Other Fish		
SPECIAL ADVISORIES:		
Lake Carmi - Walleye	No more than 4 meals/month	No Restrictions
Lake Champlain - Lake Trout (larger than 25 inches)	0 meals (includes all children under 15)	No more than 1 meal/month
Hoosic River - All Fish	0 meals	0 meals
Deerfield Chain (Grout Pond, Somerset Reservoir, Harriman Reservoir, Sherman Reservoir, and Searsburg Reservoir)		
Brown Bullhead	No more than 5 meals/month	No Restrictions
Brook Trout	No more than 1 meal/month	No more than 3 meals/month
Rainbow Trout	0 meals	No more than 1 meal/month
Brown Trout (smaller than 14 inches)		
Rock Bass		
Rainbow Smelt		
Yellow Perch		
Brown Trout (larger than 14 inches)		
All Other Fish		
15 Mile Falls Chain (Comerford Reservoir and Moore Reservoir)		
White Sucker	No more than 1 meal/month	No more than 3 meals/month
All Fish	0 meals	No more than 2 meals/month
15 Mile Falls Chain (McIndoes Reservoir)		
Yellow Perch	No more than 2 meals/month	No more than 6 meals/month
All Other Fish	No more than 1 meal/month	No more than 3 meals/month