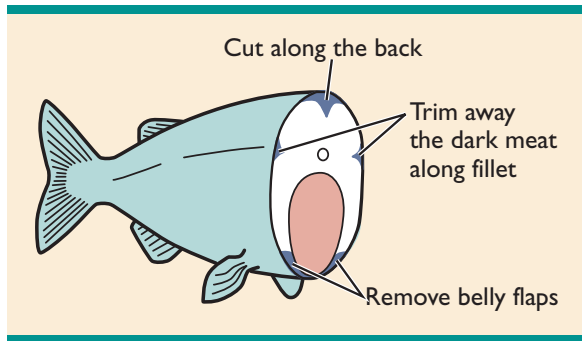


YOU CAN REDUCE THE PCBs AND OTHER CHEMICALS YOUR FAMILY EATS IF YOU...



- Fillet the fish and throw away the skin, head, guts, kidney, and liver.
- PCBs build up in the fatty meat of fish. Trim the fillet to remove the fatty meat.



- Bake, broil, steam or grill fish.
- Throw away cooking juices.
- Avoid frying, which seals in chemical pollutants contained in the fish's fat.
- Use only trimmed fillets when preparing soups, stews or chowder.

Note: Proper trimming and cooking reduces PCBs, but does not reduce the level of mercury in fish.

NOTICE!

Chemicals in fish, such as PCBs and mercury, can be harmful to health, especially to babies and young children. PCBs can increase your risk of cancer and other health problems.



High levels of mercury may harm an unborn baby or child's developing nervous system, brain, and ability to learn. For this reason, it is important for women who are pregnant or might become pregnant, nursing women and the parents of young children to follow the advice in this brochure.

For more health information:

- **Delaware Department of Natural Resources and Environmental Control:** 302-739-9902
www.dnrec.state.de.us/fw/advisory.htm
- **Delaware Health and Social Services Division of Public Health:** 302-744-4704
- **U.S. Environmental Protection Agency:**
www.epa.gov/ost/fish
- **U.S. Food and Drug Administration:**
www.cfsan.fda.gov/~dms/admehg.html

This brochure is a collaborative effort of:



Delaware Department of Natural Resources and Environmental Control



Delaware Health and Social Services Division of Public Health



Partnership for the Delaware Estuary



Pennsylvania Department of Environmental Protection



Pennsylvania Department of Health



Pennsylvania Fish & Boat Commission



Philadelphia County Nutrition Links



Pennsylvania Sea Grant



Southeast Asian Mutual Assistance Association Coalition



Temple University



U.S. Environmental Protection Agency

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FISH SMART, EAT SMART

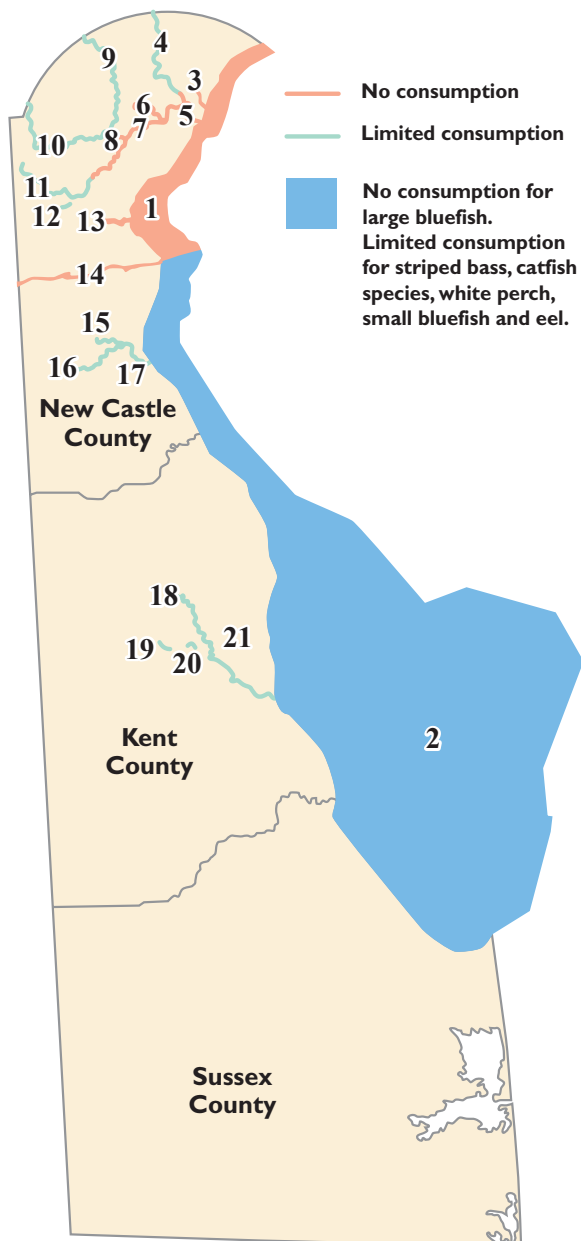
A GUIDE TO EATING SPORT FISH CAUGHT IN DELAWARE



Eating fish is good for you, but some fish caught in Delaware may contain chemicals of concern such as mercury and PCBs.

To protect your family's health, follow the advice in this brochure!

2005 DELAWARE SPORT FISH CONSUMPTION ADVISORY

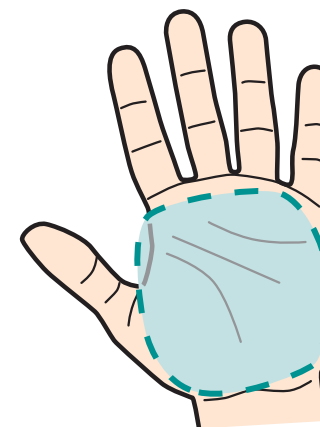


BODY OF WATER	SPECIES	MAXIMUM MEAL ADVICE
1 Delaware River to C & D Canal	All Finfish	Do Not Eat
2 Lower Delaware River and Delaware Bay	Striped Bass, Channel Catfish, White Catfish, American Eel, and White Perch	1 Meal Per Year*
	Bluefish Less than 24 Inches	1 Meal Per Year*
	Bluefish Larger than 24 Inches	Do Not Eat
3 Shellpot Creek from Route 13 to the Delaware River	All Finfish	Do Not Eat
4 Non-Tidal Brandywine River	All Finfish	2 Meals Per Year
5 Tidal Brandywine River	All Finfish	Do Not Eat
6 Little Mill Creek	All Finfish	Do Not Eat
7 Tidal Christina River	All Finfish	Do Not Eat
8 Tidal White Clay Creek	All Finfish	Do Not Eat
9 Red Clay Creek	All Finfish	2 Meals Per Year
10 Non-Tidal White Clay Creek to Paper Mill Rd.	All Finfish	1 Meal Per Month
11 Non-Tidal Christina River	All Finfish	6 Meals Per Year
12 Becks Pond	All Finfish	1 Meal Per Year
13 Red Lion Creek	All Finfish	3 Meals Per Year
14 Chesapeake & Delaware Canal	All Finfish	Do Not Eat
15 Drawyers Creek	All Finfish	1 Meal Per Year
16 Silver Lake Middletown	All Finfish	1 Meal Per Year
17 Appoquinimink River	All Finfish	1 Meal Per Year
18 Silver Lake Dover	All Finfish	2 Meals Per Year
19 Wyoming Mill Pond	All Finfish	2 Meals Per Year
20 Moores Lake	All Finfish	2 Meals Per Year
21 St. Jones River	All Finfish	2 Meals Per Year

A meal is:

- 3 ounces for children
- 6 ounces for women of childbearing age
- 8 ounces for the average adult

A 3-ounce meal is about the size of the palm of your hand.



Other ways to reduce your health risk:

- Eat smaller fish as long as they are of legal length.
- Eat smaller portions and fewer meals of locally caught fish.
- Avoid eating fish eggs (roe).
- Do not eat the green mustard of crabs and lobsters.
- Consider all of the fish you eat when making meal decisions.

* Women of childbearing age and children should not consume these fish.