



Fish Advisory

Lake Ozette

Olympic National Park

Studies conducted by the Washington State Department of Ecology found high levels of mercury in certain fish species in Lake Ozette. Fish are an important part of a healthy diet. To gain the health benefits in fish and protect your health, follow this advice.

Babies and children are most at-risk. Women who are or might become pregnant, nursing mothers, and children should follow all of this advisory.



How much can I eat?

Women 18 - 45
especially if pregnant



Children 1 - 17



Women 46 and older
and not pregnant



Men 18 and older



LIMIT



Yellow Perch



Bullhead Catfish

1 serving per week

**4 servings per month
of any combination
of these fish**

3 servings per week

**12 servings per month
of any combination
of these fish**

DO NOT EAT



Northern Pikeminnow



Largemouth Bass

**Everyone
Do not eat**

**Northern Pikeminnow
Largemouth Bass**

How to Use this Table

If a child eats 1 serving of yellow perch from Lake Ozette, no other fish should be eaten that week.

If a 25 year-old woman eats 1 serving of bullhead catfish from Lake Ozette, no other fish should be eaten that week.

What is a serving?



For Adults For Children

A serving is about the size and thickness of your hand. Give children smaller servings.

Healthy Tips

- Before cooking fish remove the skin, fat, and internal organs.
- Eat younger and smaller fish (within legal limits).
- Eat a variety of fish.

Discussion: The Washington State Department of Health recommends that women who are or might become pregnant, nursing mothers, and children limit fish to 1 serving per week when fish tissue mercury levels exceed 156 parts per billion (ppb), and to not eat fish when levels are above 1000 ppb. Mercury collects in the muscle (fillet) of fish and cannot be reduced by cooking or removing skin, fat, or internal organs.

Numerous studies conducted by the Washington State Department of Ecology have found high mercury levels in Lake Ozette largemouth bass and northern pikeminnow fish tissue. Average concentrations in both species were over 750 ppb and as high as 1900 ppb in individual fish. Mercury levels in yellow perch were also elevated at 200 – 310 ppb.

Questions?

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