Spokane River fish contain chemicals called PCBs and PBDEs (flame retardants). These chemicals can be harmful to your health and the health of your children if eaten in quantities higher than advised.

This advisory is for everyone; men, women, and children. Woman who are or might become pregnant, nursing mothers, and young children should pay special attention to this advisory.

**Lake Spokane (Long Lake)**
- Two meals per week:
  - Rainbow Trout
  - Yellow Perch
- One meal per week:
  - Mountain Whitefish
- One meal per month:
  - Brown Trout & Largescale Sucker

**From Nine Mile Dam to Upriver Dam**
- Do Not Eat:
  - Largescale Sucker
- All other species:
  - One meal per month

**From Upriver Dam to the Idaho Border**
- Do Not Eat Fish
- Catch & Release Only

You can reduce your exposure to PCBs if you prepare your fish this way:
- When cleaning fish, remove the skin, fat, and internal organs before cooking
- Cook fish on a rack so the juices and fat will drip off
- Do not eat the head, juices, bones, organs/guts, fat, and skin
- Consume younger, smaller fish

Questions?
Spokane River Fish Advisory:
Spokane Regional Health District
Mike LaScuola  509-324-1574
www.srhd.org

Fish Advisories in Washington State:
WA Department of Health
Toll-Free 1-877-485-73
www.doh.wa.gov/fish

**Washington State Mercury Advisory:** Women who are or might become pregnant, nursing mothers, and young children should follow this advice due to high mercury levels in these fish statewide:
- Northern Pikeminnow – Do Not Eat
- Largemouth and Smallmouth Bass – Two meals per month

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For people with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).