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.

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.

How much can I eat?

<table>
<thead>
<tr>
<th>Gender and Age</th>
<th>Limit</th>
<th>Do Not Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women 18 - 45</strong> especially if pregnant</td>
<td>1 serving per week</td>
<td>Everyone Do not eat</td>
</tr>
<tr>
<td><strong>Children 1 - 17</strong></td>
<td>4 servings per month of any combination of these fish</td>
<td>Northern Pikeminnow</td>
</tr>
<tr>
<td><strong>Women 46 and older and not pregnant</strong></td>
<td>3 servings per week</td>
<td>Largemouth Bass</td>
</tr>
<tr>
<td><strong>Men 18 and older</strong></td>
<td>12 servings per month of any combination of these fish</td>
<td>Northern Pikeminnow</td>
</tr>
</tbody>
</table>

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.

Questions?

Olympic National Park Fish Program
(360) 565-3075

Department of Health
Toll Free: 1-877-485-7316
Visit: www.doh.wa.gov/fish