

**WOMEN OF CHILDBEARING AGE
AND CHILDREN UNDER AGE 15
SHOULD NOT EAT ANY FISH
FROM WATERS AROUND NEW YORK CITY**

Women beyond childbearing age and men over age 15:

- You may eat up to 1/2 pound per week of any fish NOT pictured here that was caught in NYC waters.
- As a general rule, you should not eat any fish that is pictured to the right and that was caught in NYC waters.
- For some of these fish caught in certain areas, one meal per month is acceptable. For more detailed information on limits suggested by the NYS Dept. of Health, see the 2006-2007 edition of *Health Advisories on Eating Sportfish*. (At www.health.state.ny.us/nysdoh/fish/fish.htm or call 1-800-458-1158, ext. 27815)

NOBODY should eat more than **6 BLUE CRABS** per week from the Hudson River, East River, Harlem River, Arthur Kill, Kill van Kull, Newark Bay, or the Upper Bay of New York Harbor.

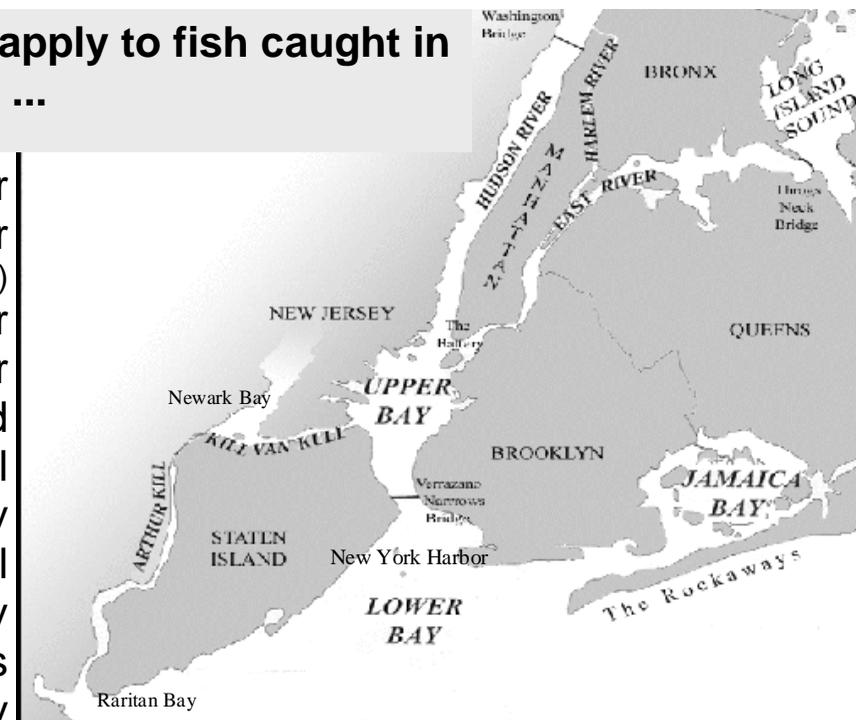
NEVER eat the soft greenish hepatopancreas (sometimes called the mustard, tomalley or liver) from **CRABS** or **LOBSTERS** caught in NYC waters. Always discard the cooking liquid.

Women beyond childbearing age and men over age 15 should limit how much of these fish they eat from NYC waters



These advisories apply to fish caught in these NYC waters ...

- Hudson River
- New York Harbor (Upper and Lower Bays)
- Harlem River
- East River
- Long Island Sound
- Kill van Kull
- Newark Bay
- Arthur Kill
- Jamaica Bay
- The Rockaways
- Raritan Bay



Concerns About Fish Caught in NYC Waters

Fish can be an important part of a healthy diet. People catch a wide variety of fish and shellfish around New York City, and often share them with their families, friends and neighbors. But, some of these fish and shellfish may take in harmful chemicals from the water they live in and the food they eat.

Scientists from Mount Sinai School of Medicine have found that people who catch and eat fish from some waters around New York City have higher levels of some harmful chemicals, such as PCBs, in their bodies than people who eat less fish from those waters.

Fetuses, infants and young children are at highest risk. Nursing mothers may pass chemicals to their infants, causing them to develop and learn at a slower pace. These chemicals may also cause a variety of other health problems.

Be sure that you know what kind of fish you are eating and where they were caught. Clean and prepare them properly and do not eat more than the recommended amounts.

Chemicals of Concern

Polychlorinated Biphenyls (PCBs) are chemicals that can accumulate in the environment and in our bodies. **If women eat fish contaminated with PCBs, they can pass the chemicals on to their children in the womb or through mother's milk after birth.** Children are more likely to be harmed by toxic chemicals because they are still growing and their bodies' systems are still developing. That's why women and children should not eat any fish from waters included in this advisory list.

Children exposed to PCBs in the womb have been shown to have lower IQ scores as well as problems with paying attention and memory. These problems may affect children for their entire lives.

Cadmium may be present in excessive amounts in crabs from the Hudson River in the NYC area. Like PCBs, cadmium also can build up in our bodies. It can damage the kidneys, bones and blood.

Other chemicals, such as mercury and dioxin may also be found in local fish and may also cause health problems.

Other sources of information

NYS Dept. of Health

DOH publishes "Health Advisories: Chemicals in Sportfish and Game" with fish consumption advisories for the entire state and additional information about the advisories, available at www.health.state.ny.us/nysdoh/fish/fish.htm, or by calling 1-800-458-1158 extension 27815.

NYS Dept. of Environmental Conservation

DEC publishes "New York State Fishing Regulations Guide," which covers both marine and freshwater fishing and "Freshwater Fishing Regulations," available by visiting one of the Department's regional offices or at www.dec.state.ny.us/website/dfwmr/fish/fishregs/.

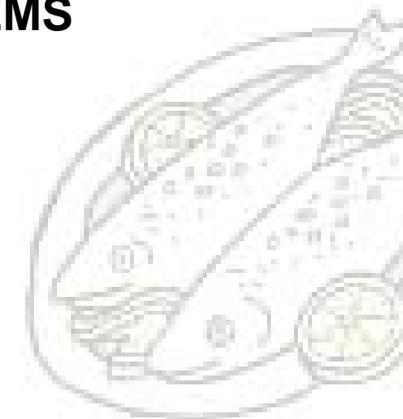
To obtain information about contaminant levels in fish, contact DEC's Bureau of Habitat at (518) 402-8924.

U.S. Environmental Protection Agency

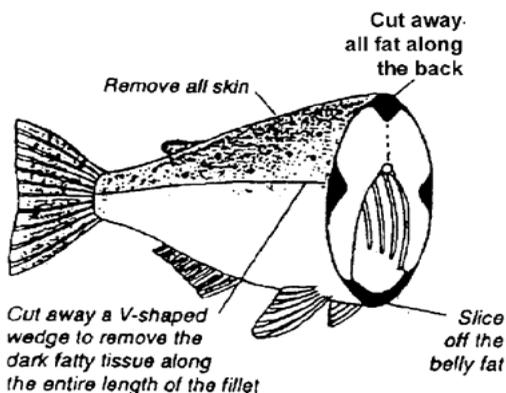
EPA has a website with numerous links to information on contaminants and fish advisories, available at www.epa.gov/waterscience/fish.

HEALTH ALERT:

EATING FISH CAUGHT IN NYC WATERS CAN CAUSE HEALTH PROBLEMS



HOW TO CLEAN AND COOK FISH TO REDUCE THE AMOUNT OF CONTAMINANTS YOU EAT



Many contaminants are found at higher levels in the fatty parts of fish. You can reduce the amount of contaminants in a fish meal by properly skinning, trimming and cooking your fish.

Cooking and soaking fish cannot eliminate contaminants, but the heat from cooking melts some of the contaminated fat from the fish. Broil, grill, bake, poach or boil the trimmed, skinned fish so that the fat drips away. **Do not fry** your fish. Discard the drippings, and do not use them to prepare sauces or gravies.

WARNING!

Fish can contain harmful chemicals even if they look healthy and the water looks clean.

Pay attention to the Fish Consumption Advisories.

These Fish Consumption Health Advisories are for 2006-2007. Consult the NYS Dept. of Health website listed above for updates.



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In cooperation with:
The Center for Children's Health
and the Environment
Mount Sinai School of Medicine