

Fish Consumption Guidelines

The Oregon Department of Human Services recommends following these guidelines for consuming fish from areas with potential contamination:

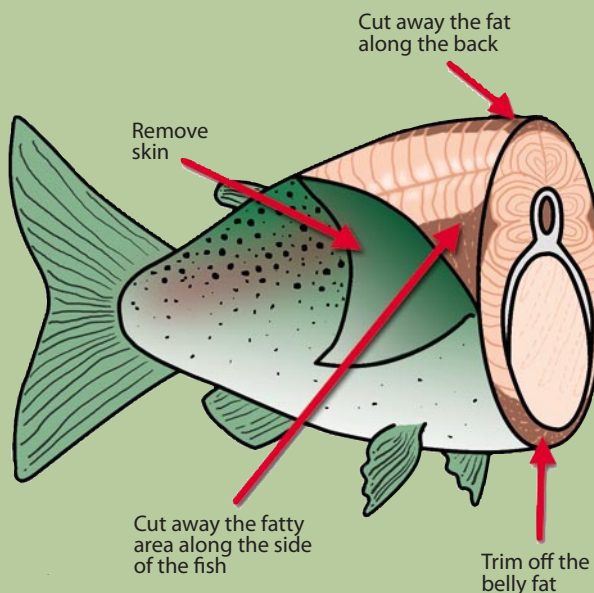
- Reduce the frequency of eating fish.
- Do not eat raw fish.
- Eat smaller, younger fish.
- Eat smaller portions of fish.
- Reduce or avoid eating fatty parts of fish.
- Remove the skin and all fat, eggs, and internal organs.

For more information, see the following Oregon Department of Human Services Fact Sheet:

PCBs in Fish

<http://oregon.gov/DHS/ph/envtox/pcbs.shtml>

How to Properly CLEAN FISH



For More Information

Contacts

U.S. Army Corps of Engineers
Public Affairs Office
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Oregon Department of Environmental Quality
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(541) 298-7255 ext. 30

Oregon Department of Human Services
(971) 673-0444

Web Links

U.S. Army Corps of Engineers, Portland District
<https://www.nwp.usace.army.mil/issues/bradford>

Oregon Department of Environmental Quality
<http://www.deq.state.or.us/wmc/cu/NWR/Bradford>

PCBs in Fish

<http://oregon.gov/DHS/ph/envtox/pcbs.shtml>

Shellfish Advisories

<http://www.oregon.gov/DHS/ph/envtox/0301esc.shtml>
<http://apps.leg.wa.gov/WAC/default.aspx?cite=220-56-129>

An Expectant Mother's Guide to Eating Fish in Oregon
<http://oregon.gov/DHS/ph/envtox/docs/mothersuguide.pdf>



US Army Corps
of Engineers®
Portland District

FACT SHEET

March 2007

Bradford Island PCB Removal

Bonneville Dam



Introduction

The U. S. Army Corps of Engineers (Corps) is working with the Oregon Department of Environmental Quality (ODEQ) to remove polychlorinated biphenyl (PCB) contaminated sediments immediately upstream from Bonneville Dam near Bradford Island. These contaminated sediments are the result of the disposal of electrical equipment on Bradford Island and in the Columbia River during the 1970s. Removal of these contaminated sediments is scheduled to occur in October 2007.

Also, the Corps is conducting a broader remedial investigation of the island and in-river contamination. The remedial investigation is scheduled to be completed in 2008.

PCB Contamination in Fish

PCBs are colorless, odorless, tasteless chemicals that were widely used in electrical equipment before their production was banned in 1976. PCBs have been detected in both fresh and saltwater fish in varying amounts depending on size, feeding grounds, position in the food chain, exposure, and fat content. PCBs primarily build up in the fatty tissue of fish and to a lesser extent in edible muscle tissue.

Prolonged exposure to small doses of PCBs may contribute to a variety of human health problems, including developmental problems in children, liver damage, and various forms of cancer.

Medical studies indicate health risks are highest for a fetus or nursing infant, especially if the mother is or has been exposed to PCBs. Women of childbearing age, especially those pregnant or nursing, are advised to minimize risk of exposure by avoiding eating fish from waters known to contain PCB contaminants.

Exposure / Risk

Humans can be exposed to contaminants from Bradford Island by ingesting shellfish and fish from the vicinity. By limiting your exposure you can reduce your risk*. Exposure levels vary as follows:

Highest Potential Exposure / Risk

- Clams
- Crayfish

Low to Moderate Potential Exposure / Risk

- Sturgeon
- Bass
- Walleye

Lowest Potential Exposure / Risk

- Salmon
- Lamprey

Humans can also be exposed through inhalation of contaminated dust particles or direct contact with contaminated sediment through activities such as swimming, fishing, and other shoreline recreation activities. However, because there is no public access to the Bradford Island site by land or water, these types of exposure are unlikely.

*See reverse for fish consumption guidelines.

Shellfish Advisories

The Oregon State Department of Human Services (DHS) has issued a shellfish advisory to avoid catching or eating clams, crayfish, or other bottom-dwelling organisms from the Columbia River between the Bonneville Dam and the mouth of Ruckel Creek, which is about one mile upstream of the dam. The advisory is to continue until further notice.

Washington State has prohibited the harvesting of all freshwater clams and mussels statewide.

For more fish advisory information, please refer to the Web links on the back page.

