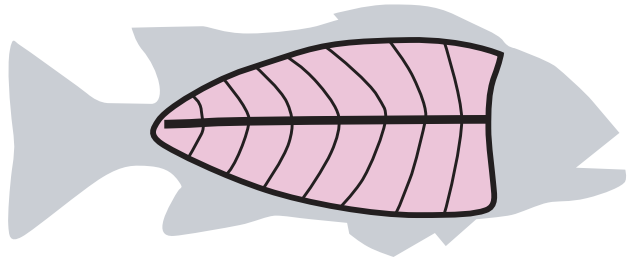


Reduce Exposure to DDTs and PCBs



Eat only the fillet!

- DDTs and PCBs build up in the fatty parts of the fish.

Cleaning fish:

- Remove and throw away the head, guts, kidneys, and the liver.
- Cut away the fat, skin, and belly area before cooking.

Cooking fish:

- Bake, broil, steam, or grill fish, and *throw away cooking juices*.
- Use only fish fillet when preparing soups, stews or chowder.

WARNING!



DDTs, PCBs, and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become

pregnant, breastfeeding women, and young children to follow the recommendations found in this pamphlet to reduce exposure.

Where to get more information:

- Los Angeles County Department of Health Services: (213) 240-7785
- County of Orange, Health Care Agency, Environmental Health: (714) 667-3600
- City of Long Beach, Department of Health and Human Services, Bureau of Environmental Health: (562) 570-4134
- U.S. EPA: (800) 231-3075
- Fish Contamination Education Collaborative: www.pvsfish.org



Protect Your Health!


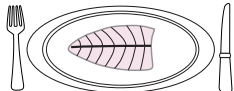



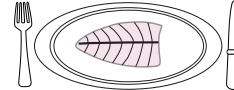










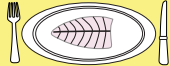
Catch and Eat Cleaner Fish!



Eating fish is good for you, but some fish caught off the coasts of Los Angeles and Orange Counties are contaminated with the chemicals mercury, DDTs and PCBs.

KNOW THESE FISH!

Fish Consumption Recommendations to Reduce Exposure to Mercury, DDTs, and PCBs

| | | | | |
|--|--|--|--|---|
|  <p>Barracuda</p> | | | <p>For Both Zones</p>  <p>2 - 4 meals per month</p> | |
|  <p>Pacific (chub) mackerel</p> |  <p>Top smelt</p> |  <p>Bonito</p> |  <p>4 meals per month</p> | |
| <p>Rockfishes</p>  | <p>Surf perch</p>  | <p>Kelp bass (calico bass)</p>  | <p>Red Zone</p>  <p>1-2 meals per month</p> | <p>Yellow Zone</p>  <p>4 meals per month</p> |
| <p>Sculpin, (scorpionfish)</p>  | <p>Black croaker</p>  | <p>Queenfish</p>  | | |
| <p>White croaker (kingfish, tomcod)</p>  | | | <p>Do Not Eat!</p>  |  <p>2 meals per month</p> |

Graphics courtesy of Cabrillo Marine Aquarium, NOAA and Montrose Settlements Restoration Program.
Artist: Evie Templeton. Technical advisor: M. James Allen (SCCWRP).

Note

Do not eat these fish more than 4 times per month. This meal limit applies to combinations of different fish. For example, if you have eaten 2 meals of bonito and 2 meals of queenfish this month, do not eat more of the fish shown above.

These recommendations are based on the State's Consumption Advisories for DDTs and PCBs and national guidelines for mercury.

