

For Mothers and Mothers-to-Be:

English



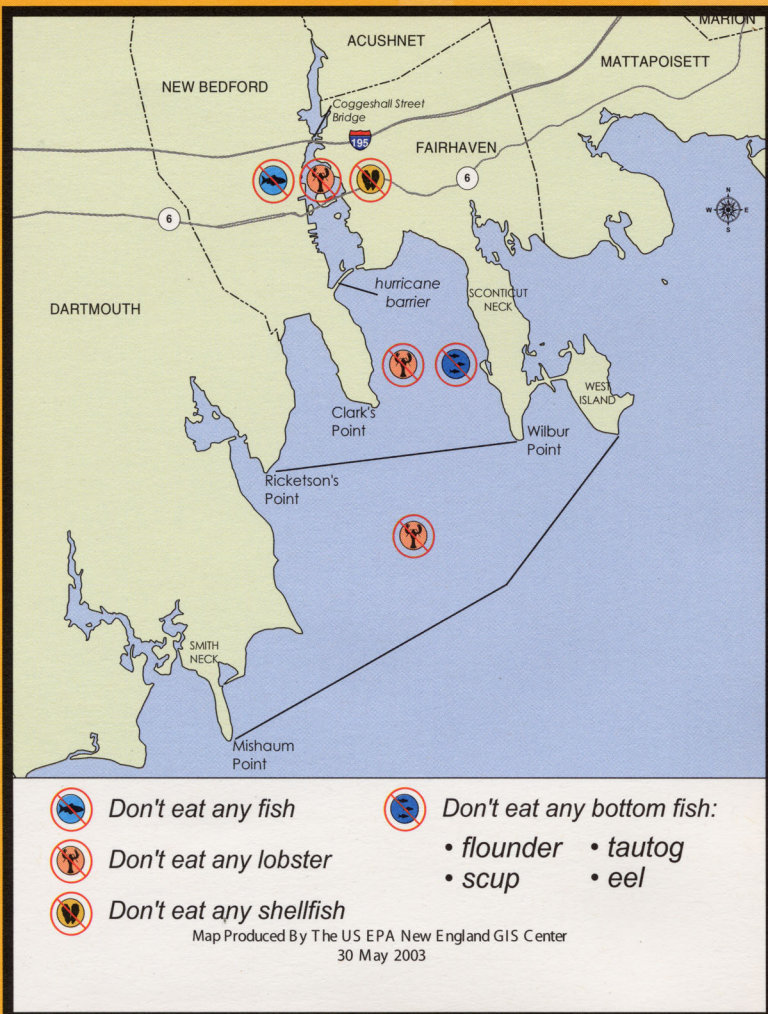
Fish Fact

Most fish are safe and healthy for you and your family to eat, but some are not. Some fish have chemicals that can harm you, your baby or young children.

Tips for Healthy Eating

- When fishing, **DO NOT EAT** the fish, shellfish or lobster caught in the areas shown on the map. They have harmful chemicals called PC.Bs in them.
- DO NOT FEED** it to your young children: the chemicals could harm them.
- When you buy seafood or if someone gives it to you, ask where it came from.

Fish Smart—Use this Chart



CAUTION:
Do not eat fish, shellfish or lobster caught in the closed areas of New Bedford Harbor:

they have chemicals in them that can harm you, your baby and young children.

If you have any questions about what fish are safe to eat, you should ask your doctor, nurse, a WIC provider, the local Health Department at 508-991-6284, or the U.S. Environmental Protection Agency toll-free at 1-888-372-7341.



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