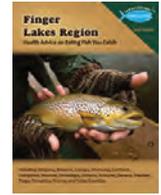


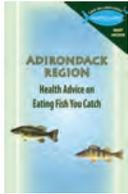
# FREE Fish Advisory Materials from the NYS Department of Health



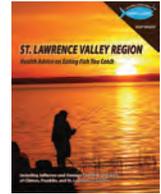
**Health Advice on Eating Sportfish and Game.** Statewide booklet of advice on eating fish caught from New York waters. Advice is organized by region and by waterbody for fresh and marine waters, and includes maps of waters with advice.



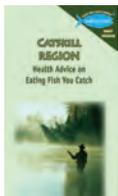
**Finger Lakes Region: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish caught from 16 counties in the Finger Lakes Region, and includes a map of waters with advice.



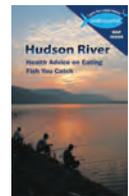
**Adirondack Region: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish caught from Adirondack waters, and includes a map of waters with advice.



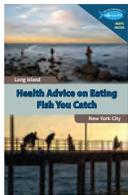
**St. Lawrence Valley Region: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish caught from Oswego, Jefferson, Clinton, Franklin and St. Lawrence counties. It includes a map of waters with advice.



**Catskill Region: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish caught from Catskill waters, and includes a map of waters with advice.

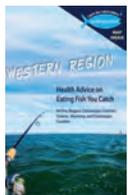
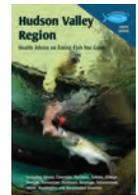


**Hudson River: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish caught from the Hudson River, and includes a map of river segments with advice.



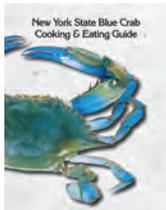
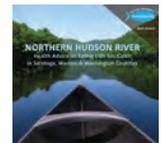
**Long Island and New York City: Health Advice on Eating Fish You Catch.** This booklet provides advice on eating fish caught from Long Island and New York City waters, and includes maps of fresh and marine waters with advice.

**Hudson Valley Region: Health Advice on Eating Fish You Catch.** This booklet provides advice on eating fish caught from Westchester, Rockland, Orange, Putnam, Dutchess, Ulster, Greene, Columbia, Albany, Rensselaer, Schenectady, Saratoga and Washington counties. It includes maps of waters with advice.



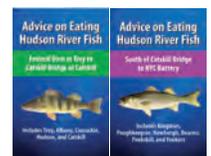
**Western Region: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish from Erie, Niagara, Cattaraugus, Genesee, Orleans, Wyoming and Chautauqua county waters. It includes a map of waters with advice.

**Northern Hudson River: Health Advice on Eating Fish You Catch.** This brochure provides advice on eating fish from the Northern Hudson River (Saratoga, Warren & Washington counties), and includes a map of river segments with advice.



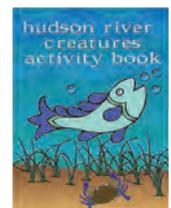
**New York State Blue Crab Cooking & Eating Guide.** This booklet shows how to cook and prepare blue crabs to help reduce levels of chemicals in a crab meal.

**Advice on Eating Hudson River Fish.** Two waterproof, wallet-size cards list which Hudson River fish men over 15 and women over 50 can eat. One card is for the Hudson River from Federal Dam at Troy to Rip Van Winkle Bridge at Catskill. The other is for the Hudson River from South of Rip Van Winkle Bridge to NYC Battery.



**Cut the Fat to Cut PCBs.** This 4x4 inch refrigerator magnet shows how to reduce PCB levels in a fish meal by skinning and trimming fish before cooking.

**Hudson River Creatures Activity Book.** A 20-page activity book for classrooms, waiting rooms and Hudson River community events.



**Can You Eat That Fish From the Hudson?** An 11x17 inch poster, ideal for your waiting room or community bulletin board.



Preview/download publications at [health.ny.gov/fish](http://health.ny.gov/fish).  
For questions about advice email [btsa@health.ny.gov](mailto:btsa@health.ny.gov).

# FREE Fish Advisory Materials

Please complete this form. For different quantities or for P.O. Box delivery, please email [ceheduc@health.ny.gov](mailto:ceheduc@health.ny.gov), or call (518) 402-7530, (800) 458-1158

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 ESP, Corning Tower, Rm 1642 Albany, NY 12237  
 Fax: (518) 402-7539; Email: [ceheduc@health.ny.gov](mailto:ceheduc@health.ny.gov)

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## NO POST OFFICE BOXES PLEASE

Check this box to be added to our mailing list

Preview or download publications at [health.ny.gov/fish](http://health.ny.gov/fish) (see Free Publications box on left).

Title	Pub #	Language	Quantity		
Health Advice on Eating Sportfish and Game (COMPREHENSIVE STATEWIDE BOOKLET, 48 pp.)	2800	English	1 <input type="checkbox"/>	10 <input type="checkbox"/>	20 <input type="checkbox"/>
Adirondack Region: Health Advice on Eating Fish You Catch (BROCHURE)	2779	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Catskill Region: Health Advice on Eating Fish You Catch (BROCHURE)	2780	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Long Island and New York City: Health Advice on Eating Fish You Catch (BOOKLET 12 pp.)	6532	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6533	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6534	Simplified Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6535	Polish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6536	Russian	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6537	Traditional Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Finger Lakes Region: Health Advice on Eating Fish You Catch (BROCHURE)	2768	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6539	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
St. Lawrence Valley Region: Health Advice on Eating Fish You Catch (BROCHURE)	2769	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Western Region Health Advice on Eating Fish You Catch (BROCHURE)	2792	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	2793	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Hudson Valley Region: Health Advice on Eating Fish You Catch (BOOKLET 16 pp.)	6545	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6546	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6547	Simplified Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6550	Traditional Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Hudson River: Health Advice on Eating Fish You Catch (BROCHURE)	2794	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	2799	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6505	Simplified Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Northern Hudson River: Health Advice on Eating Fish You Catch (BROCHURE)	2770	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Catskill to NYC: Advice on Eating Hudson River Fish (WALLET-SIZED ANGLER CARDS)	2790	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Troy to Catskill: Advice on Eating Hudson River Fish (WALLET-SIZED ANGLER CARDS)	2791	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Can You Eat That Fish From the Hudson? (11X17 POSTER)	2719	English	1 <input type="checkbox"/>	5 <input type="checkbox"/>	10 <input type="checkbox"/>
	2735	Spanish	1 <input type="checkbox"/>	5 <input type="checkbox"/>	10 <input type="checkbox"/>
Hudson River Creatures (KIDS ACTIVITY AND COLORING BOOK, 20 pp.)	2718	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
New York State Blue Crab Cooking and Eating Guide (BOOKLET 8 pp.)	6502	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6503	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6504	Simplified Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6544	Traditional Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
Cut the Fat to Cut PCBs (TRIMMING AND SKINNING REFRIGERATOR MAGNET)	2798	English	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	2807	Spanish	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>
	6531	Simplified Chinese	1 <input type="checkbox"/>	25 <input type="checkbox"/>	50 <input type="checkbox"/>