Catch the Latest Advice
health.ny.gov/fish

MAP INSIDE

# Catskill Region

## Health Advice on Eating Fish You Catch

Many people enjoy fishing. The Catskills are rich with rivers, streams, lakes and ponds, and offer wonderful opportunities for fishing.

This brochure is for people who may eat the fish they catch from waters of the Catskill region. Fish are nutritious and good to eat. However, some fish have levels of chemicals that might be harmful to your health or to members of your family.

KNOW THE

# 1-2-3 Advisories

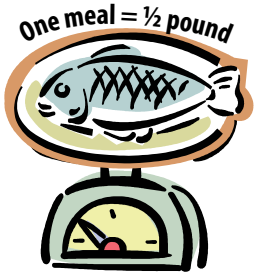
The New York State Department of Health (DOH) issues advisories for eating sportfish. This brochure explains the three fish advisories for the Catskill region:

❶ The statewide general advisory
❷ Advisories for women under 50 years old and children under 15 years old.
❸ Waterbody-specific advisories for the Catskill Region.

Knowing these advisories can help you and your family make sportfish part of a healthy diet.

## 1 Statewide General Advisory

**Eat up to four meals a month of fish taken from any lake, river, stream or pond (and some marine waters) unless there is stricter advice for these waters.**



# 2 Advisories for Women and Children

*For women under 50 and children under 15 years old*

DOH offers special advice because mercury and other chemicals in fish may have a greater effect on babies and young children. Some chemicals also build up in a woman's body and can be passed on to her baby.

*Methylmercury*, the form of mercury that builds up in fish, can cause effects on the nervous system. Exposure to methylmercury is more of a concern for children and unborn babies because their nervous systems are still developing. Some research on people who eat large amounts of fish finds that methylmercury might affect children's memory, attention and language development.

## CATSKILL REGIONAL ADVICE

Women under 50 and children under 15 years old should follow this advice about eating fish in the Catskill Region:

- **Don't eat ANY fish from the waters listed on the Waterbody-Specific Advisories map** inside this brochure
- **Don't eat ANY of the fish (below) from the Catskill Region and nearby waters** because they have higher levels of mercury.

Largemouth bass

Northern pike

Pickerel

Smallmouth bass

Walleye

Yellow perch over 10 inches

- **Eat up to four meals a month** of other fish with lower mercury levels, such as bullhead, sunfish, rock bass, crappie, yellow perch under 10", brook trout, brown trout and rainbow trout, if they are not from waters listed on the Waterbody-Specific Advisories map inside this brochure.

# 3 Waterbody-Specific Advisories

Depending on where you fish in the Catskill Region, there is advice for everyone (see map inside for details).

## COMMON FISH OF THE CATSKILLS

Bluegill

Brook trout

Brown trout

Bullhead

Crappie

Largemouth bass

Pickerel

Rainbow trout

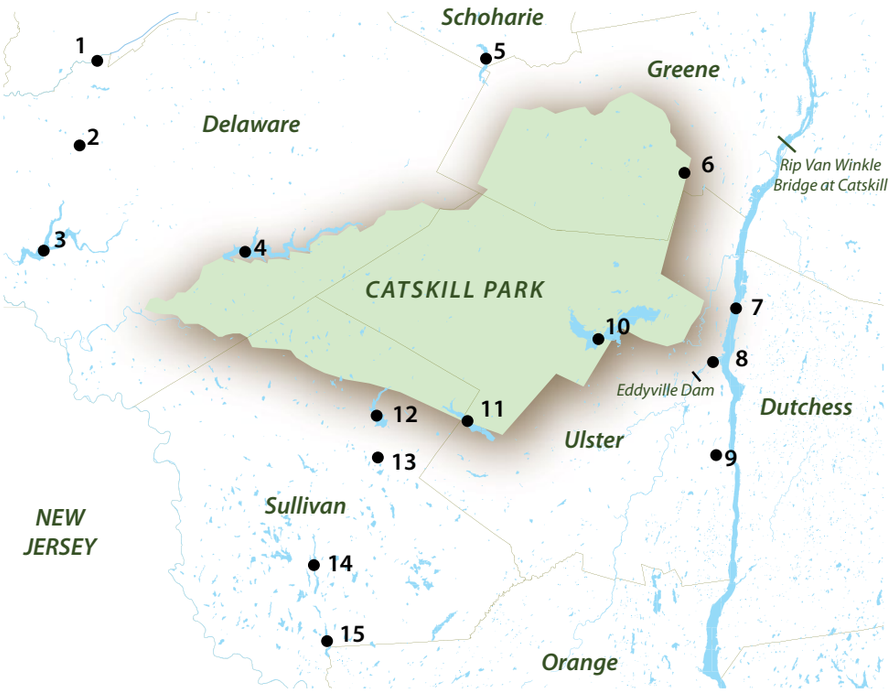
Rock bass

Smallmouth bass

Walleye

Yellow perch

# 3 Waterbody-Specific Advisories for the Catskill Region




**Advice for waters outside the Catskill Region is not shown. Please check www.health.ny.gov/fish to see the latest advice for all waters.**

**Women under 50 years and children under 15 years DON'T EAT ANY FISH** from the waters listed below. For waters not listed, see Advisories for Women and Children on the other side of this brochure.

### Men over 15 and Women over 50

Follow the advice listed below. For fish and waters not listed, eat up to four fish meals a month.

1. **Susquehanna River (Broome, Chenango, Delaware, Tioga & Otsego)** - EAT UP TO ONE MEAL A MONTH of walleye greater than 22"
2. **Herrick Hollow Creek (Delaware)** - EAT UP TO ONE MEAL A MONTH of brook trout
3. **Cannonsville Reservoir (Delaware)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15" and yellow perch
4. **Pepacton Reservoir (Delaware)** - EAT UP TO ONE MEAL A MONTH of brown trout over 24", smallmouth bass over 15" and yellow perch
5. **Schoharie Reservoir (Delaware, Greene & Schoharie)** - DON'T EAT smallmouth bass over 15" and walleye over 18" and EAT UP TO ONE MEAL A MONTH of smaller smallmouth bass and walleye
6. **North-South Lake (Greene)** - EAT UP TO ONE MEAL A MONTH of largemouth bass over 15"
7. **Hudson River**
   - **Federal Dam at Troy south to Rip Van Winkle Bridge at Catskill** - EAT UP TO ONE MEAL A MONTH of alewife, blueback herring, rock bass, yellow perch and DON'T EAT other fish
   - **Hudson River South of Rip Van Winkle Bridge at Catskill to NYC Battery**- DON'T EAT channel catfish, gizzard shad, walleye, white catfish, crab hepatopancreas and crab cooking liquid and EAT UP TO ONE MEAL A MONTH of Atlantic needlefish, bluefish, brown bullhead, carp, goldfish, largemouth bass, rainbow smelt, smallmouth bass, striped bass, and white perch
8. **Rondout Creek, downstream of Eddyville Dam, (tidal portion) (Ulster)** - see Hudson River South of Rip Van Winkle Bridge at Catskill to NYC Battery
9. **Chodikee Lake (Ulster)**- EAT UP TO ONE MEAL A MONTH of largemouth bass over 15"
10. **Ashokan Reservoir (Ulster)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16" and walleye
11. **Rondout Reservoir (Sullivan & Ulster)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 16"
12. **Neversink Reservoir (Sullivan)** - EAT UP TO ONE MEAL A MONTH of brown trout over 24" and smallmouth bass
13. **Loch Sheldrake (Sullivan)** - EAT UP TO ONE MEAL A MONTH of walleye
14. **Swinging Bridge Reservoir (Sullivan)** - EAT UP TO ONE MEAL A MONTH of walleye
15. **Rio Reservoir (Sullivan & Orange)** - EAT UP TO ONE MEAL A MONTH of smallmouth bass over 15"

REMEMBER THE 1-2-3 Advisories

### There are three kinds of advice about eating fish caught in the Catskill region:

**Statewide general advice that applies to everyone** about eating up to four meals a month of fish.

**Advice for women and children** about not eating certain fish from the Catskill Park and nearby waters.

**Waterbody-specific advice** about eating fish from listed waters.

## Fish from Stores and Restaurants

The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, FDA advises pregnant women, women who may become pregnant, nursing mothers and young children to avoid shark, swordfish, king mackerel and tilefish.

Food and Drug Administration: (888) SAFEFOOD, (888) 723-3366

## More Information

**New York State Fish Advisories**

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
email BTSA@health.ny.gov

**Other Fish Information**

Environmental Protection Agency
www.epa.gov/ost/fish

Food and Drug Administration
www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

**New York State Fishing**

Department of Environmental Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 4

(Green, Columbia, Delaware, Otsego, Montgomary, Schenectady, Albany, Rensselaer counties)

Stamford Office
(607) 652-7366
fwfish4@dec.ny.gov

DEC Region 3

(Ulster, Sullivan Dutchess, Orange, Putnam, Westchester and Rockland counties)

New Paltz Office
(845) 256-3161
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