

COMMONWEALTH OF PENNSYLVANIA PUBLIC HEALTH ADVISORY 2008 FISH CONSUMPTION

HEALTH BENEFITS OF EATING FISH

Fish are nutritious and good to eat. Fish are low in fat, high in protein and provide substantial human health benefits. Fish provide valuable vitamins and minerals and beneficial oils that are low in saturated fat. Omega-3 fatty acids found in fish are also beneficial, particularly in terms of cardiovascular health. Preliminary evidence suggests that early exposure to omega-3 fats may enhance brain development as well. The federal Food and Drug Administration (FDA) recommends that consumers eat a balanced diet, choosing a variety of foods including fruits and vegetables, foods that are low in trans fat and saturated fat, as well as foods rich in high fiber grains and nutrients. A diet that includes a variety of fish and shellfish can be an important part of a balanced healthy diet. The U.S. FDA, EPA, the American Heart Association, and other nutrition experts recommend eating two meals (12 oz) of fish per week. Following these advisories means that you should feel comfortable making one of those meals (up to 8 oz) a recreationally caught Pennsylvania sport fish.

CONTAMINANTS IN FISH

While most recreationally caught sport fish in Pennsylvania are safe to eat, chemicals such as mercury and PCBs have been found in some fish from certain waters. While the levels of these unavoidable chemical contaminants are usually low, they could potentially be a health concern to pregnant and breast-feeding women, women of childbearing age, children and individuals whose diet consists of a high percentage of fish.

Long lasting contaminants such as PCBs, chlordane, and mercury build up in your body over time. It may take months or years of regularly eating contaminated fish to build up amounts that are a health concern. Health problems that may result from the contaminants found in fish range from small changes in health that are hard to detect to birth defects and cancer. Mothers who eat highly contaminated fish for many years before becoming pregnant may have children who are slower to develop and learn. The meal advice in this advisory is intended to protect children from these potential developmental problems. Adults are less likely to have health problems at the low levels that affect children. If you follow this advisory over your lifetime, you will minimize your exposure and reduce health risks associated with contaminants in fish.

INTRODUCTION TO FISH CONSUMPTION ADVISORIES

It is important to note that we are not recommending that you stop eating sport caught fish, except where "Do Not Eat" is shown in the advisory listing. When properly prepared, eating fish regularly offers important health benefits as a good choice to replace high fat foods. You will gain those benefits if you follow the sport fish consumption advisory carefully to: choose safer places to fish; pick safer species to eat; trim and cook your catch correctly; and follow the recommended meal frequencies. Using this advice, you will reduce your exposure to possible contaminants.

Consumption advisories provide guidance to individuals or segments of the population that are at greater risk from exposure to contaminants in fish. Advisories are not regulatory standards, but are recommendations intended to provide additional information of particular interest to high-risk groups. These advisories apply only to recreationally caught sport fish in Pennsylvania, not commercial fish. The federal Food and Drug Administration establishes the legal standards for contaminants in food sold commercially, including fish.

STATEWIDE ADVISORY

Pennsylvania has issued a general, statewide health advisory for recreationally caught sport fish. That advice is that you eat no more than one meal (one-half pound) per week of sport fish caught in the state's waterways. This general advice was issued to protect against eating large amounts of fish that have not been tested or that may contain unidentified contaminants.

HOW TO USE THIS ADVISORY

Follow the general, statewide one meal per week advisory to limit your exposure to contaminants. To determine if more protective advice applies to the fish you have caught, find the locations and species of fish you've caught in the tables that follow. Find the meal advice for the fish you've caught. "Do Not Eat" means no one should eat those fish because of very high contamination. The other groups ("Two meals a Month", "One Meal a Month", "One Meal Every Two Months") are advice for how often to eat a fish meal.

One meal is assumed to be one-half pound of fish (8 oz before cooking) for a 150-pound person. The meal advice is equally protective for larger people who eat larger meals, and smaller people who eat smaller meals.

People who regularly eat sport fish, women of childbearing age, and children are particularly susceptible to contaminants that build up over time. If you fall into one of these categories, you should be especially careful to space fish meals out according to the advisory tables that follow. Your body can get rid of some contaminants over time.

Spacing the meals out helps prevent the contaminants from building up to harmful levels in the body. For example, if the fish you eat is in the "One Meal a Month Group", wait a month before eating another meal of fish from any restricted category.

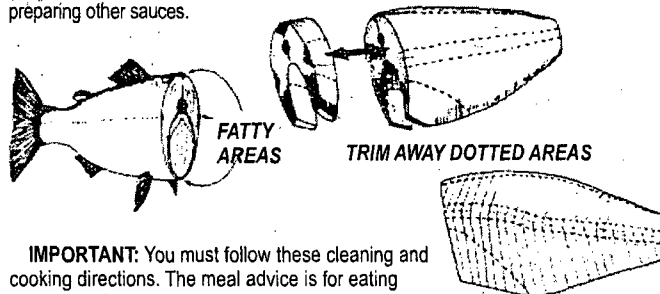
Women beyond their childbearing years and men generally face fewer health risks from these contaminants. However, it is recommended that you also follow the advisory to reduce your total exposure to contaminants. For these groups, it is the total number of meals that you eat during the year that becomes important and many of those meals can be eaten during a few months of the year. If most of the fish you eat are from the "One Meal a Month" category, you should not exceed 12 meals per year.

Sometimes, anglers catch fish with external growths, sores, or other lesions. Such abnormalities generally result from viral or bacterial infections and may occasionally be caused by exposure to certain chemical contaminants. The appearance of viral or bacterial infections in fish may be unsightly, but there is no evidence to suggest that these infections pose a threat to consumers of these fish. Whether or not to eat such fish is a matter of personal choice.

CLEANING AND COOKING YOUR FISH

PCBs and most other organic contaminants usually build up in a fish's fat deposits and just underneath the skin. By removing the skin and fat before cooking, you can reduce the levels of these chemicals. Mercury, however, collects in the fish's muscle and cannot be reduced by cleaning and cooking methods. To reduce PCBs and other organics:

- Remove all skin.
- Slice off fat belly meat along the bottom of the fish.
- Cut away any fat above the fish's backbone.
- Cut away the V-shaped wedge of fat along the lateral line on each side of the fish.
- Bake or broil trimmed fish on a rack or grill so some of the remaining fat drips away.
- Discard any drippings. Do not eat them or use them for cooking other foods, or in preparing other sauces.



IMPORTANT: You must follow these cleaning and cooking directions. The meal advice is for eating skinned and trimmed fish.

Also remember that larger and older fish tend to collect more contaminants, and fatty fish (such as channel catfish, carp, and eels) tend to collect PCBs and other organic chemicals. Therefore, eating smaller, younger fish and avoiding fatty species can help limit your exposure. Your exposure depends not only on levels in the fish, but also the amount of fish you eat. The consumption of any fish from contaminated waters is a matter of personal choice.

Trout stocked from Fish & Boat Commission state fish hatcheries are subject to the blanket one-meal-per-week consumption advisory that applies to recreationally caught sport fish in Pennsylvania. If additional consumption advisories for state hatchery trout are appropriate for 2008, they will be announced in February or March 2008.

FOR ADDITIONAL INFORMATION

The advisory listing was current at the time this summary went to press. Fish consumption advisories may have been issued or lifted since that time. Notice of such actions has been released to the public through press releases.

For further information or the most current advice, contact:

Dept. of Environmental Protection: 717-787-9637, web site: www.depweb.state.pa.us. For questions concerning current advisory listings, waters sampled, sampling methods.

Dept. of Health: 717-787-1708, web site: www.health.state.pa.us. For questions about effects of chemicals on human health.

Fish & Boat Commission: 814-359-5147, web site: www.fish.state.pa.us. For questions about effects of chemicals on fisheries, current advisory listings.

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2007 COMMONWEALTH OF PENNSYLVANIA FISH CONSUMPTION ADVISORIES

NO-KILL ZONE

| Water Body | No-Kill Zone | Species | Meal Frequency | Contaminant |
|--------------------------------------------|--------------|---------|--------------------------------------|-------------|
| Valley Creek at Valley Forge (Chester Co.) | Entire basin | All | Unlawful to kill or possess any fish | PCB |

DELAWARE RIVER BASIN

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------|----------------|-------------|
| Brandywine Creek (Chester Co.) | From U.S. 1 at Chadds Ford to PA/DE border | American eel | Do Not Eat | Chlordane |
| Beltzville Lake (Beltzville State Park) (Carbon Co.) | Entire lake | Walleye | 2 meals/month | Mercury |
| Bush Kill (Monroe and Pike Co.) | Confluence of Saw Creek to mouth | American eel | 2 meals/month | Mercury |
| Delaware River | Source to Trenton, NJ-Morrisville, PA bridge | American eel | 2 meals/month | Mercury |
| Delaware Estuary, including the tidal portion of all PA tributaries and the Schuylkill River to the Fairmount Dam (Bucks, Philadelphia, & Delaware Co.) | Trenton, NJ-Morrisville, PA Bridge to PA/DE border | White perch, Channel catfish Flathead catfish, Striped bass | 1 meal/month | PCB |
| Lake Wallenpaupack (Pike & Wayne Co.) | Entire lake | American eel, Carp | Do Not Eat | PCB |
| Lehigh River (Northampton Co.) | Confluence of Saucon Creek to mouth | Walleye | 1 meal/month | Mercury |
| Levittown Lake (Bucks Co.) | Entire lake | Carp, American eel | 1 meal/month | PCB |
| Little Neshaminy Creek (Bucks Co.) | Entire basin | White perch | 1 meal/month | PCB |
| Promised Land Lake (Promised Land State Park) (Pike Co.) | Entire lake | Carp | 1 meal/month | PCB |
| Prompton Reservoir (W. Br. Lackawaxen River) (Wayne Co.) | Entire lake | Largemouth bass | 1 meal/month | Mercury |
| Red Clay Creek (Chester Co.) | Entire basin (includes all tributaries) | Walleye | 2 meals/month | |
| Schuylkill River (Schuylkill Co.) | Confluence of Mill Cr. at Port Carbon to Auburn Dam | American eel | 1 meal/month | PCB |
| Schuylkill River (Schuylkill & Berks Co.) | Confluence of Mahannon Cr. at Landingville to Kernsville Dam | Brook trout | Do Not Eat | PCB |
| Schuylkill River (Berks, Chester, & Montgomery Co.) | Felix Dam above Reading to Black Rock Dam above Phoenixville | Brown trout, Rainbow trout | 6 meals/year | |
| Schuylkill River (Chester, Montgomery, & Phila. Co.) | Black Rock Dam to Fairmount Dam in Philadelphia | Bluegill, Brown bullhead | 1 meal/month | PCB |
| Schuylkill River (Berks, Chester, Montgomery & Philadelphia Co.) | Felix Dam above Reading to Fairmount Dam | Carp, Channel catfish | 6 meals/year | PCB |
| Tobyhanna Creek (Carbon and Monroe Co.) | Pocono Lake dam to mouth | Carp | Do Not Eat | PCB |
| Tulpehocken Creek (Berks Co.) | Blue Marsh Dam to mouth | Channel catfish, Flathead catfish | 1 meal/month | |
| West Branch Brandywine Creek (Chester Co.) | From business Rt. 30 (Lincoln Highway) in Coatesville to confluence of Buck Run | American eel | Do Not Eat | PCB |
| West Branch Delaware River (Wayne Co.) | Entire section in PA | White sucker | 1 meal/month | |
| West Branch Schuylkill River (Schuylkill Co.) | Entire basin | Smallmouth bass | 2 meals/month | Mercury |
| | | Brown trout, Rainbow trout | 1 meal/month | PCB |
| | | American eel | 6 meals/year | PCB |
| | | Brown trout | 2 meals/month | Mercury |
| | | Brook trout | 1 meal/month | PCB |

SUSQUEHANNA RIVER BASIN

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|----------------|-------------|
| Big Elk Creek (Chester Co.) | Confluence of East and West Branches to PA/MD border | American eel | 2 meals/month | Mercury |
| Black Moshannon State Park Lake (Centre Co.) | Entire lake | Chain pickerel | 1 meal/month | Mercury |
| Chemung River (Bradford Co.) | NY/PA border to mouth | Channel catfish | 2 meals/month | Mercury |
| Conestoga River (Lancaster Co.) | Slackwater to mouth | Smallmouth bass | 1 meal/month | |
| Cowanesque Reservoir (Tioga Co.) | Entire lake | Rock bass | 2 meals/month | Mercury |
| Cowanesque River (Tioga Co.) | Cowanesque Reservoir dam to PA/NY border | Largemouth bass | 1 meal/month | Mercury |
| First Fork Sinnemahoning Creek-George B. Stevenson Dam (Sinnemahoning State Park) (Cameron & Potter Co.) | Entire lake | Black crappie | 2 meals/month | Mercury |
| First Fork Sinnemahoning Creek (Cameron Co.) | George B. Stevenson Dam to mouth | Largemouth bass | 2 meals/month | Mercury |
| Fishing Creek (Columbia Co.) | SR 4008 bridge near Light Street to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Hammond Reservoir (Tioga Co.) | Entire lake | Largemouth bass | 1 meal/month | Mercury |
| Hunters Lake (Sullivan Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Jacks Creek (Mifflin Co.) | Paintersville Bridge to mouth | Brown trout, Bluegill, Rock bass, Fallfish, White sucker | 1 meal/month | PCB |
| Kettle Creek Lake (Kettle Creek State Park) (Clinton Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Kettle Creek (Clinton Co.) | Alvin R. Bush Dam to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Lackawanna Lake (Lackawanna State Park) (Lackawanna Co.) | Entire lake | Bluegill | 2 meals/month | Mercury |
| Lake Jean (Ricketts Glen State Park) (Sullivan and Luzerne Co.) | Entire lake | Chain pickerel | 1 meal/month | Mercury |
| Lake Winola (Wyoming Co.) | Entire lake | Yellow perch | 2 meals/month | |
| Laurel Lake (Cumberland Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Lily Lake (Luzerne Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Logan Branch (Centre Co.) | Axemann to mouth | Largemouth bass | 2 meals/month | Mercury |
| Loyalsock Creek (Sullivan and Lycoming Co.) | Confluence of Little Loyalsock Creek at Forksville to mouth | Brown trout | 1 meal/month | PCB |
| | | Smallmouth bass | 2 meals/month | Mercury |

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------|-----------------------|
| Middle Creek (Snyder Co.) | SR 0035 bridge to mouth | Rock bass | 2 meals/month | Mercury |
| Penns Creek (Snyder and Union Co.) | Confluence of Laurel Run to SR 0204 at New Berlin | Rock bass | 2 meals/month | Mercury |
| Pine Creek (Tioga Co.) | Confluence of Painter Run to confluence of Fourmile Run near Colton Point State Park | Smallmouth bass | 2 meals/month | Mercury |
| Sinnemahoning Creek (Clinton and Cameron Co.) | Confluence of Lower Jerry Run to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Sugar Creek (Bradford Co.) | Confluence of Bailey Run to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Sunfish Pond (Bradford Co.) | Entire pond | Largemouth bass, Yellow perch | 2 meals/month | Mercury |
| Susquehanna River (Susquehanna Co.) | Entire section in PA from the NY border above Starrucca Creek to the NY border below Great Bend | Smallmouth bass, Fallfish | 2 meals/month | Mercury |
| Susquehanna River (Bradford and Wyoming Co.) | NY border above Sayre to PA Route 92 bridge at Falls | Walleye Channel catfish | 1 meal/month 1 meal/month | Mercury PCB |
| Susquehanna River (Wyoming, Lackawanna, Luzerne, Columbia, Northumberland, and Montour Co.) | PA Route 92 bridge at Falls to confluence with West Br. | Smallmouth bass All suckers Channel catfish, Quillback, Carp, and Walleye | 2 meals/month Do Not Eat 1 meal/month | Mercury PCB PCB |
| Tioga River (Tioga Co.) | Confluence of Crooked Creek to PA/NY border | Smallmouth bass | 2 meals/month | Mercury |
| Towanda Creek (Bradford Co.) | Confluence of Schrader Creek to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Trindle Spring Run (locally Silver Spring Run) (Cumberland Co.) | Silver Spring Meeting House to mouth (approx. 1 mile) | Rainbow trout | 1 meal/month | PCB |
| Tunkhannock Creek (Wyoming Co.) | Confluence of South Branch to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Tuscarora Creek (Juniata Co.) | SR 3008 bridge above Port Royal to mouth | Smallmouth bass | 2 meals/month | Mercury |
| West Branch Susquehanna River (Clinton, Lycoming, Union, and Northumberland Co.) | Bald Eagle Creek to I-80 bridge | Channel catfish | 1 meal/month | PCB |
| West Conewago Creek (York Co.) | SR 0295 bridge to mouth | Smallmouth bass | 2 meals/month | Mercury |
| White Deer Creek (Union Co.) | I-80 bridge to mouth | Brown trout | 2 meals/month | Mercury |
| Wyalusing Creek (Bradford Co.) | SR 0706 bridge at Camptown to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Yellow Breeches Creek (Cumberland Co.) | SR 3017 bridge at Huntsdale to confluence of Spruce Run | White sucker, Brown trout | 1 meal/month | PCB |

OHIO RIVER BASIN

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|--------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------|
| Allegheny River (McKean Co.) | Confluence of Potato Creek to PA/NY border | Smallmouth bass | 1 meal/month | Mercury |
| Allegheny Res. (Warren and McKean Co.) | Entire lake | Smallmouth bass | 2 meals/month | Mercury |
| Allegheny River (Warren Co.) | Kinzua Dam to confluence of Morse Run | Walleye | 2 meals/month | Mercury |
| Allegheny River (Forest Co.) | Warren/Forest County line to confluence of Tubbs Run | Walleye | 2 meals/month | Mercury |
| Allegheny River (Venango Co.) | Confl. of Sandy Ck to confluence of Witherup Rn at St. George | Walleye | 2 meals/month | Mercury |
| Allegheny River (Armstrong Co.) | Pool 6 - Lock & Dam 7 to Lock & Dam 6 | Carp | 1 meal/month | PCB |
| Allegheny River (Allegheny Co.) | From Lock & Dam 3 to the Point in Pittsburgh | Carp, Channel catfish | 1 meal/month | PCB |
| Beaver River (Lawrence & Beaver Co.) | Confl. of Mahoning and Shenango Rivers to New Brighton Dam | Carp, Channel catfish Smallmouth Bass | 6 meals/year 1 meal/month | PCB |
| Beaver River (Beaver Co.) | New Brighton Dam to mouth | Carp, Channel catfish | Do Not Eat | PCB |
| Beaver Run Reservoir (Westmoreland Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Brokenstraw Creek (Warren Co.) | Confluence of Little Brokenstraw Creek to mouth | Golden redbhorse | 2 meals/month | Mercury |
| Chartiers Creek (Allegheny & Washington Co.) | Canonsburg to mouth | Largemouth bass Carp Smallmouth bass | 1 meal/month Do Not Eat 6 meals/year | PCB, Chlordane |
| Clarion River (Clarion Co.) | Confl. of Canoe Creek above Callensburg to confl. of Turkey Run | Walleye | 2 meals/month | Mercury |
| Conemaugh R. (Indiana & Westmoreland Co.) | Conemaugh Lake dam to mouth | Carp | 1 meal/month | PCB |
| Conewago Creek (Warren Co.) | NY/PA border to mouth | Smallmouth bass | 2 meals/month | Mercury |
| Conneaut Lake (Crawford Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Dunkard Creek (Greene Co.) | Confluence of Toms Run to confluence of Roberts Run | Largemouth bass | 2 meals/month | Mercury |
| Dunkard Creek (Greene Co.) | SR 2021 bridge to mouth | Smallmouth bass | 2 meals/month | Mercury |
| East Branch Lake (E. Br. Clarion R.) (Elk Co.) | Entire lake | Smallmouth bass | 2 meals/month | Mercury |
| Eaton Reservoir (Erie Co.) | Entire lake | Largemouth bass Walleye | 2 meals/month | Mercury |
| Edinboro Lake (Erie Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| French Creek (Erie, Crawford, Mercer, & Venango Co.) | Entire basin | Smallmouth bass | 2 meals/month | Mercury |
| Lake LeBoeuf (Erie Co.) | Entire lake | Largemouth bass Muskellunge, Carp | 1 meal/month | Mercury |
| Lake Pleasant (Erie Co.) | Entire lake | Largemouth bass | 1 meal/month | Mercury |
| Mahoning River (Lawrence Co.) | Entire portion in PA | Carp | 6 meals/year | PCB |
| Monongahela River (Fayette & Greene Co.) | Point Marion Lock & Dam to Grays Landing Lock & Dam | Carp | 1 meal/month | PCB |
| Monongahela River (Fayette & Washington Co.) | Pool 4 - Maxwell Lock & Dam to Lock & Dam 4 | Channel catfish Carp | Do Not Eat 1 meal/month | Chlordane PCB |
| Monongahela River (Allegheny, Washington & Westmoreland Co.) | Pool 3 - Lock & Dam 4 to Lock & Dam 3 | Carp | 1 meal/month | PCB |
| Monongahela River (Allegheny Co.) | Pool 2 - Lock & Dam 3 to Lock & Dam 2 | Carp | 1 meal/month | PCB |
| Monongahela River (Allegheny Co.) | From Lock & Dam 2 to the Point in Pittsburgh | Freshwater drum Carp Channel catfish | 6 meals/year Do Not Eat 1 meal/month | PCB |

FISH CONSUMPTION ADVISORY

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|-----------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------|-------------|
| Ohio River (Allegheny and Beaver Co.) | From the Point in Pittsburgh to the Montgomery Lock and Dam | Walleye, Sauger, White Bass, & Freshwater drum | 1 meal/month | PCB |
| | | Carp, Channel catfish | Do Not Eat | |
| Ohio River | From Montgomery Lock and Dam to the state border. Based on advisory issued by Ohio and West Virginia | White bass, Hybrid-striped bass, Freshwater drum, & Walleye 17" and over | 1 meal/month | PCB |
| | | Flathead catfish | 6 meals/year | |
| | | Channel catfish under 17" | Do Not Eat | |
| | | Carp | Do Not Eat | |
| Oil Creek (Venango Co.) | SR 1004 bridge at Petroleum Center to mouth | Smallmouth bass | 1 meal/month | Mercury |
| Shenango River (Mercer & Lawrence Co.) | Shenango Lake dam to mouth | Muskellunge, Carp | Do Not Eat | PCB |
| | | Largemouth bass, Smallmouth bass, Walleye, Bluegill, Crappie, Sunfish, Channel catfish, White sucker | 1 meal/month | |
| Sugar Lake (Crawford Co.) | Entire lake | Largemouth bass | 2 meals/month | Mercury |
| Tamarack Lake (Crawford Co.) | Entire lake | Muskellunge | 1 meal/month | Mercury |
| | | Walleye | 2 meals/month | |
| Thom Creek (Butler Co.) | Source to SR 2012 bridge at Frazier Mill | Trout | 2 meals/month | Mercury |
| Tionesta Creek (Warren and Forest Co.) | SR 0666 bridge at Henrys Mills to Tionesta Res. dam | Smallmouth bass, Golden redhorse | 2 meals/month | Mercury |
| Traverse Creek (Beaver Co.) | Source to dam in Raccoon State Park | Largemouth bass | 2 meals/month | Mercury |
| Tunungwant Creek (McKean Co.) | Confluence of East and West Branches to PA/NY border | Carp | 2 meals/month | Mercury |
| West Branch Caldwell Creek (Warren Co.) | Entire basin | Brown trout | 2 meals/month | Mercury |
| Youghiogheny R. Lake (Fayette/Somerset Co.) | Entire lake | Smallmouth bass, Walleye | 2 meals/month | Mercury |
| Youghiogheny River (Fayette and Somerset Co.) | Youghiogheny Lake dam to confluence of Lick Run | Smallmouth bass | 2 meals/month | Mercury |

LAKE ERIE BASIN

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|---------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|
| Lake Erie (Erie Co.) | Open waters | Walleye under 23" | 2 meals/month | Mercury |
| | | Walleye over 23", Coho salmon*, Steelhead* (Rainbow trout), Smallmouth bass, White perch, White bass, Lake whitefish, Carp under 20", Freshwater drum, Lake trout, & Channel catfish | 1 meal/month | PCB |
| | | Carp over 20" | Do Not Eat | |
| Lake Erie (Erie Co.) | Presque Isle Bay | Smallmouth bass, Northern pike, White perch, Freshwater drum, Bowfin, Carp, Coho salmon*, & Steelhead* (Rainbow Trout) | 1 meal/month | PCB |
| Conneaut Creek (Erie Co.) | SR 0215 bridge to PA/OH border | Smallmouth bass | 2 meals/month | Mercury |

* Salmon and trout are migratory. They may be found seasonally in Presque Isle Bay or Lake Erie tributary streams. Trout, salmon and other fish, whether caught in the lake or elsewhere, should be treated as Lake Erie fish.

POTOMAC RIVER BASIN

| Water Body | Area Under Advisory | Species | Meal Frequency | Contaminant |
|---------------------------------------|----------------------------------------------|-----------------|----------------|-------------|
| Licking Creek (Fulton & Franklin Co.) | Confluence of Big Cove Creek to PA/MD border | Smallmouth bass | 2 meals/month | Mercury |
| Meadow Grounds Lake (Fulton Co.) | Entire lake | Walleye | 2 meals/month | Mercury |

2008 PA Trout Fishing

Two Opening Days!

April 12

March 29

Early opening in 18 southeastern counties

photo: Stephen Hart

Get more information at www.FishandBoat.com

Recognizing and Reporting POLLUTION or DISTURBANCE of Waterways

POLLUTION or DISTURBANCE of any waterway or watershed is a serious violation of the Pennsylvania Fish and Boat Code that must be recognized and reported to your local waterways conservation officer. The law provides for criminal penalties for pollution or disturbances.

POLLUTION is an introduction into any waterway of anything that "might" harm or kill fish. Examples of "pollutants" are: Electricity, explosives, sediment runoff, sewage, insecticides, poisons, high volumes of extremely hot water, liquid concrete or cement, paint, chemicals, petroleum products like gasoline or oil, brine runoff from gas or water well drilling, and manufacturing waste. Common pollution indicators are: Dead fish including crayfish, frogs, and any other types of aquatic life; strange odors like manure, sewage, or chemicals; muddy, cloudy, or discolored water; shiny, oily sheen on water's surface; foamy material floating on the surface; and extremely muddy water.

DISTURBANCE of waterways or watersheds includes any alteration of a waterway, its banks, bed, or fish habitat that "might" cause damage to or kill fish. Common disturbance indicators are: Removal of gravel from stream beds; earth-moving in or along a waterway; dragging logs across stream banks and through stream beds; installing pipes or culverts; building or installing bridges; making roadways through or along a stream; draining a waterway, wetland or watershed; or changing the channel flow of a waterway. Various types of permits are required for any such work.

If you see anything suspected to be a pollution or disturbance of any waterway, regardless of how seemingly insignificant, report it immediately by calling the local Pennsylvania Fish & Boat Commission regional law enforcement office listed on page 42 of this publication or the Pennsylvania Department of Environmental Protection at 1-800-541-2050 (24 hours a day, 7 days a week).