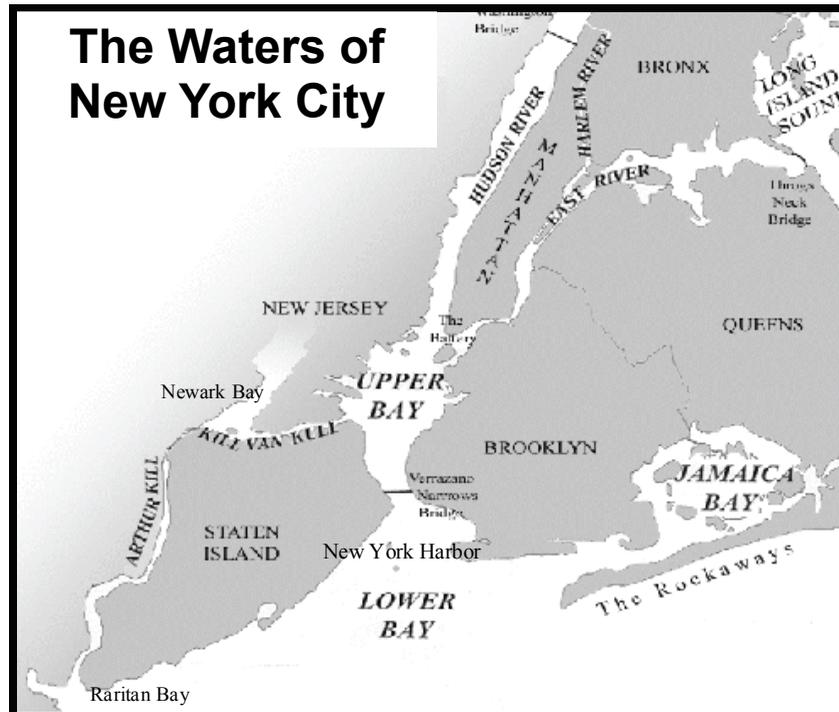


**WOMEN OF CHILDBEARING AGE AND CHILDREN UNDER AGE 15 SHOULD NOT EAT ANY FISH FROM THESE WATERS:**

**HUDSON RIVER, HARLEM RIVER, EAST RIVER, BRONX RIVER, UPPER BAY OF NEW YORK HARBOR, NEWARK BAY, ARTHUR KILL, KILL VAN KULL, AND RARITAN BAY**



**Women beyond childbearing age and men over age 15 should limit how much of these fish they eat from NYC waters**



American Eel



Gizzard Shad



Striped Bass



White Perch



Rainbow Smelt



Weakfish



Bluefish



Atlantic Needlefish

- For example, no one should eat any American Eel, Gizzard Shad, Striped Bass, or White Perch from some locations.
- One meal per month of some other fish is acceptable for women beyond childbearing age and men over age 15.
- For more detailed information on consumption limits for NYC waters, see the NYS Department of Health's "Health Advisories on Eating Sportfish: 2009 – 2010" at: [www.health.state.ny.us/environmental/outdoors/fish/docs/down\\_state\\_advisories.pdf](http://www.health.state.ny.us/environmental/outdoors/fish/docs/down_state_advisories.pdf).
- To obtain a printed copy, call 1-800-458-1158, ext. 27815.

**NO ONE** should eat more than **6 BLUE CRABS** per week from the Hudson River, East River, Harlem River, Arthur Kill, Kill Van Kull, Newark Bay, Western Raritan Bay, or the Upper Bay of New York Harbor.

**NEVER** eat the soft greenish hepatopancreas (sometimes called the mustard or tomalley) from **CRABS** or **LOBSTERS** caught in NYC waters. Always discard the cooking liquid.

## Concerns About Fish Caught in NYC Waters

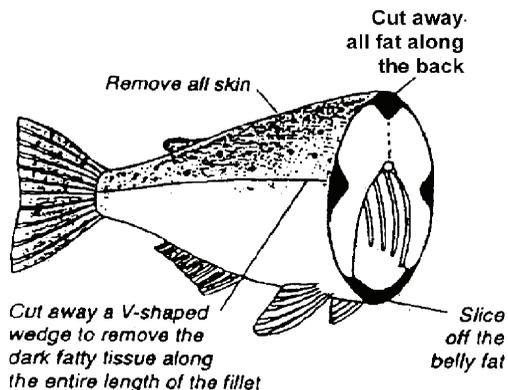
Fish can be an important part of a healthy diet. People catch a wide variety of fish and shellfish around New York City and often share them with their families, friends and neighbors. But some of these fish and shellfish may take in harmful chemicals from the water they live in and the food they eat.

Scientists from Mount Sinai School of Medicine have found that people who catch and eat fish from some waters around New York City have higher levels of some harmful chemicals, such as PCBs, in their bodies than people who eat less fish from those waters.

**Fetuses, infants and young children are at highest risk.** Mothers may pass chemicals to their infants in the womb or when nursing, increasing the risk that their children will develop and learn at a slower pace. These chemicals may also cause a variety of other health problems.

**Be sure that you know what kind of fish you are eating and where they are caught. Clean and prepare them properly and do not eat more than the recommended amounts.**

## HOW TO CLEAN AND COOK FISH TO REDUCE THE AMOUNT OF CONTAMINANTS YOU EAT



Many contaminants are found at higher levels in the fatty parts of fish. You can reduce the amount of some contaminants in a fish meal by properly skinning, trimming and cooking your fish.

Cooking and soaking fish cannot eliminate contaminants, but the heat from cooking melts some of the contaminated fat from the fish. Broil, grill, bake, poach or boil the trimmed, skinned fish so that the fat drips away. **Do not fry** your fish. Discard the drippings, and do not use them to prepare sauces or gravies.

## Chemicals of Concern

**PCBs (Polychlorinated Biphenyls), Dioxins and Dibenzofurans** are chemicals that can accumulate in the environment and in our bodies. **If women eat fish contaminated with these chemicals, they can pass the chemicals on to their children in the womb or through mother's milk after birth.** Children are more likely to be harmed by toxic chemicals because they are still growing and their bodies' systems are still developing. That's why women and children should not eat any fish from waters included in this advisory .

Children exposed to PCBs in the womb are more likely to have lower IQ scores as well as problems with paying attention and memory. These problems may affect children for their entire lives.

**Cadmium** may be present in excessive amounts in the greenish parts (called the tomalley, mustard or hepatopancreas) in crabs and lobsters from the Hudson River in the NYC area. Like PCBs, cadmium also can build up in our bodies. It can damage the kidneys, bones and blood.

## Other Sources of Information

### NYS Dept. of Health

"*Chemicals in Sportfish and Game: 2009–2010 Health Advisories*" with statewide fish consumption advisories and additional information is available at: [www.health.state.ny.us/environmental/outdoors/fish/fish.htm](http://www.health.state.ny.us/environmental/outdoors/fish/fish.htm) or by calling 1-800-458-1158, extension 27815.

### NYS Dept. of Environmental Conservation

DEC publishes "New York State Fishing Regulations Guide," which covers both marine and freshwater fishing and "Freshwater Fishing Regulations," available by visiting one of the Department's regional offices or at: [www.dec.ny.gov/outdoor/7917.html](http://www.dec.ny.gov/outdoor/7917.html)

To obtain information about contaminant levels in fish, visit DEC's Bureau of Habitat at: [www.dec.ny.gov/about/648.html](http://www.dec.ny.gov/about/648.html) or e-mail questions to: [fwhabtat@gw.dec.state.ny.us](mailto:fwhabtat@gw.dec.state.ny.us)

### U.S. Environmental Protection Agency

EPA has a website with numerous links to information on contaminants and fish advisories, available at: [www.epa.gov/waterscience/fish](http://www.epa.gov/waterscience/fish).

## WARNING!

Fish can contain harmful chemicals even if they look healthy and the water looks clean.

**Pay attention to the Fish Consumption Advisories.**

**These Fish Consumption Health Advisories are for 2009-2010. Consult the NYS Dept. of Health website listed above for updates.**

New York State  
Office of the Attorney General

Andrew M. Cuomo  
Attorney General



## HEALTH ALERT:

## EATING FISH CAUGHT IN NYC WATERS CAN HARM YOUR HEALTH



In cooperation with:  
The Center for Children's Health  
and the Environment  
Mount Sinai School of Medicine