

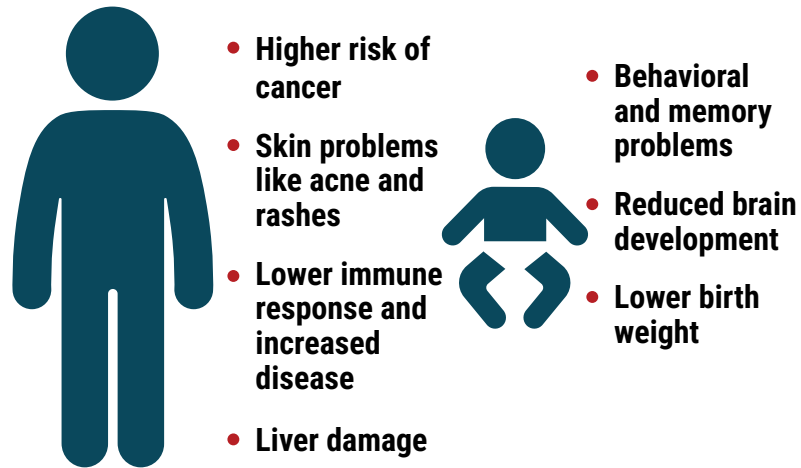


Eating fish is good for you and has important health benefits. But some fish from lakes and rivers in King County can be high in harmful chemicals that you cannot see (like mercury, PFAS, and PCBs). Mercury is a heavy metal, PFAS are known as "forever chemicals", and PCBs are discussed below. These chemicals are of most concern for pregnant people, babies, children, and adults considering pregnancy. Protect your health by following these recommendations for fish caught in the areas highlighted on the map.

How are PCBs harmful?

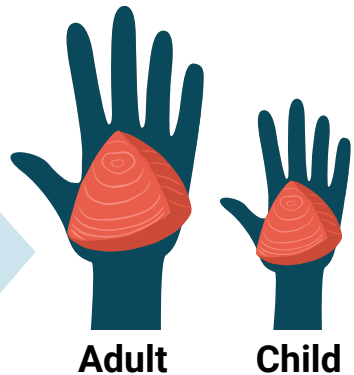
PCBs (polychlorinated biphenyls) are synthetic chemicals that were banned in 1979 but remain in our environment. PCBs can have toxic effects on the immune, reproductive, nervous, and hormone systems in people. They have also been linked to cancer in people and animals.

Studies suggest PCBs are related to:



- Higher risk of cancer
- Skin problems like acne and rashes
- Lower immune response and increased disease
- Liver damage
- Behavioral and memory problems
- Reduced brain development
- Lower birth weight



















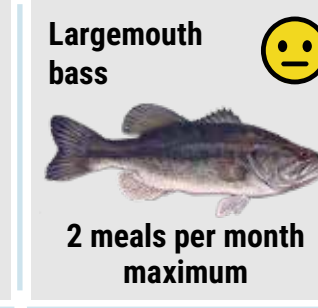
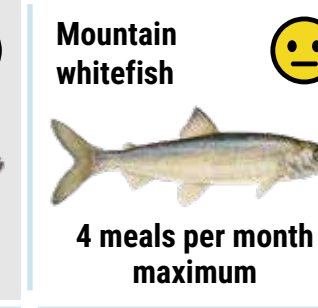

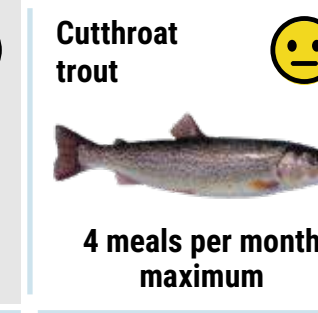

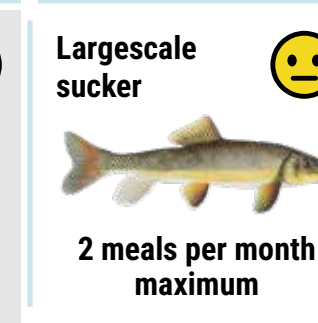
1 meal = 1 uncooked fillet
(the size & thickness of your palm)



Whole fish contain more contaminants.
EAT ONLY THE MEAT.

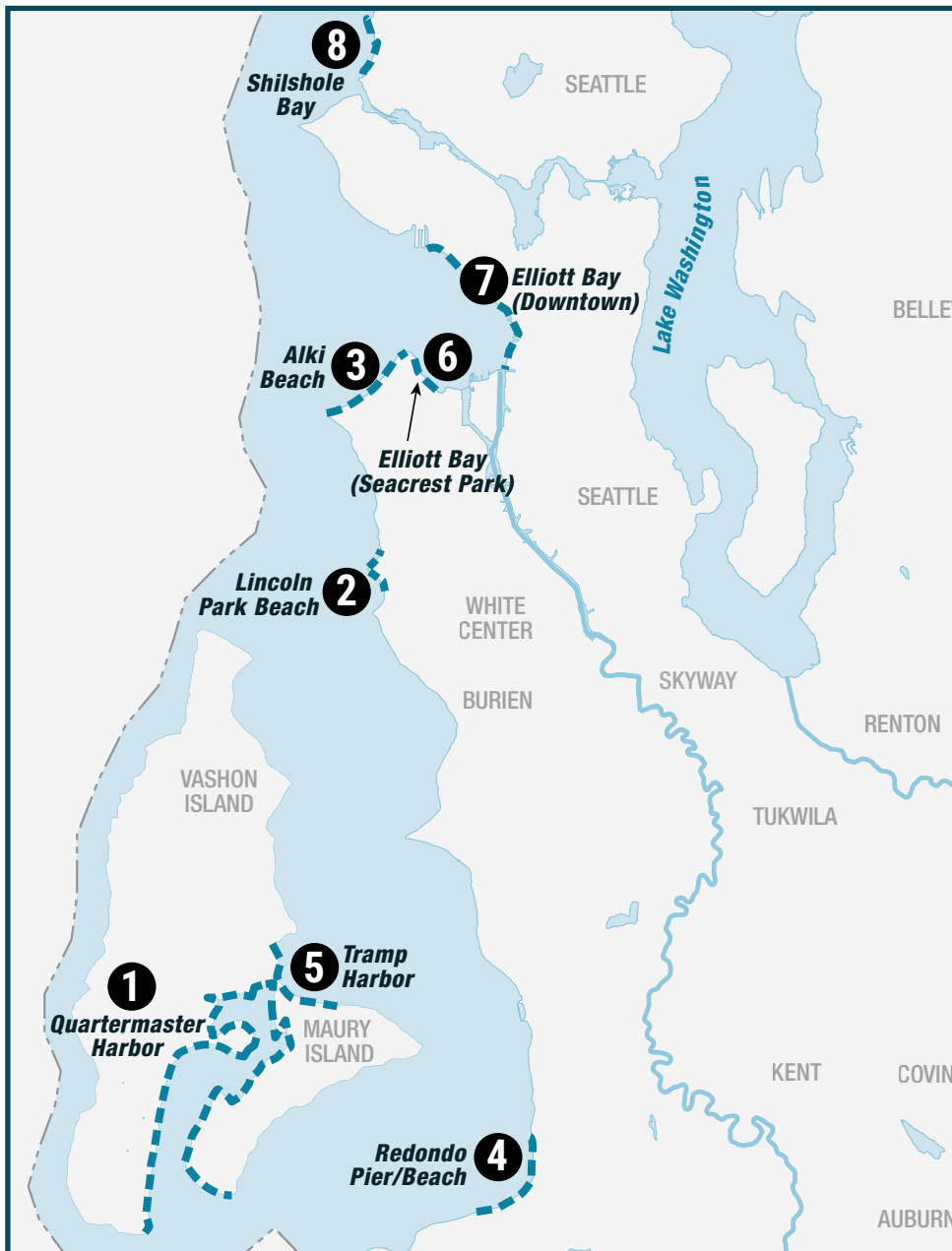


This is not a Washington Department of Health (DOH) fish advisory. These King County recommendations use DOH methods and are from test sampling. DOH will review the data and may provide further guidance.

1 Angle Lake	2 Lake Desire	3 Lake Meridian	4 Green River	5 Lake Sammamish	6 Lake Union	7 Cedar River
Sockeye salmon / Kokanee   4 meals per month maximum	Yellow perch   Up to 12 meals per month (Caution eating more than 12)	Yellow perch   1 meal per month maximum	Mountain whitefish   Up to 21 meals per month (Caution eating more than 21)	Smallmouth bass   2 meals per month maximum	Black crappie   4 meals per month maximum	Sockeye salmon / Kokanee   Up to 13 meals per month (Caution eating more than 13)
						
						
						
						
						
						
						
						
						
						



Some seafood from Puget Sound can contain harmful chemicals. Protect your family's health by following these recommendations for fish and crab caught in the areas highlighted on the map.



King County is grateful to the Refugee Federation Service Center and local fishers for their partnership in supporting community health.

1 Quermaster Harbor	2 Lincoln Park Beach	3 Alki Beach	4 Redondo Pier/Beach	5 Tramp Harbor	6 Elliott Bay (Seacrest Park)	7 Elliott Bay (Downtown)	8 Shilshole Bay
English sole	Shiner perch	English sole	Dungeness crab	Dungeness crab	Shiner perch	English sole	English sole
Up to 8 meals per month (Caution eating more than 8)	2 meals per month maximum	Up to 15 meals per month (Caution eating more than 15)	DON'T EAT GUTS! More than 23 meals per month	DON'T EAT GUTS! More than 23 meals per month	2 meals per month maximum	2 meals per month maximum	Up to 18 meals per month (Caution eating more than 18)
			Red rock crab	Red rock crab	Dungeness crab	Dungeness crab	Dungeness crab
			DON'T EAT GUTS! More than 23 meals per month	DON'T EAT GUTS! More than 23 meals per month	DON'T EAT GUTS! 2 meals per month maximum	DON'T EAT GUTS! 2 meals per month maximum	DON'T EAT GUTS! Up to 8 meals per month (Caution eating more than 8)
					Red rock crab	Red rock crab	Red rock crab
					DON'T EAT GUTS! 2 meals per month maximum	DON'T EAT GUTS! 2 meals per month maximum	DON'T EAT GUTS! Up to 8 meals per month (Caution eating more than 8)

Okay to eat
 Caution
 Do not eat

Current DOH fish advisories
 King County recommendations based on PCBs

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DO NOT EAT CRAB GUTS.
They are high in contaminants.
Eat **ONLY** the meat.



Follow the Fishing Rules
Fishing rules help protect fish populations so future generations can enjoy fishing too!

Scan this code for Fish Consumption Advisories in other Washington State waterbodies.



(link in English only)

Scan this code to find where to buy Washington Department of Fish and Wildlife (WDFW) fishing licenses and their costs.



(link in English only)