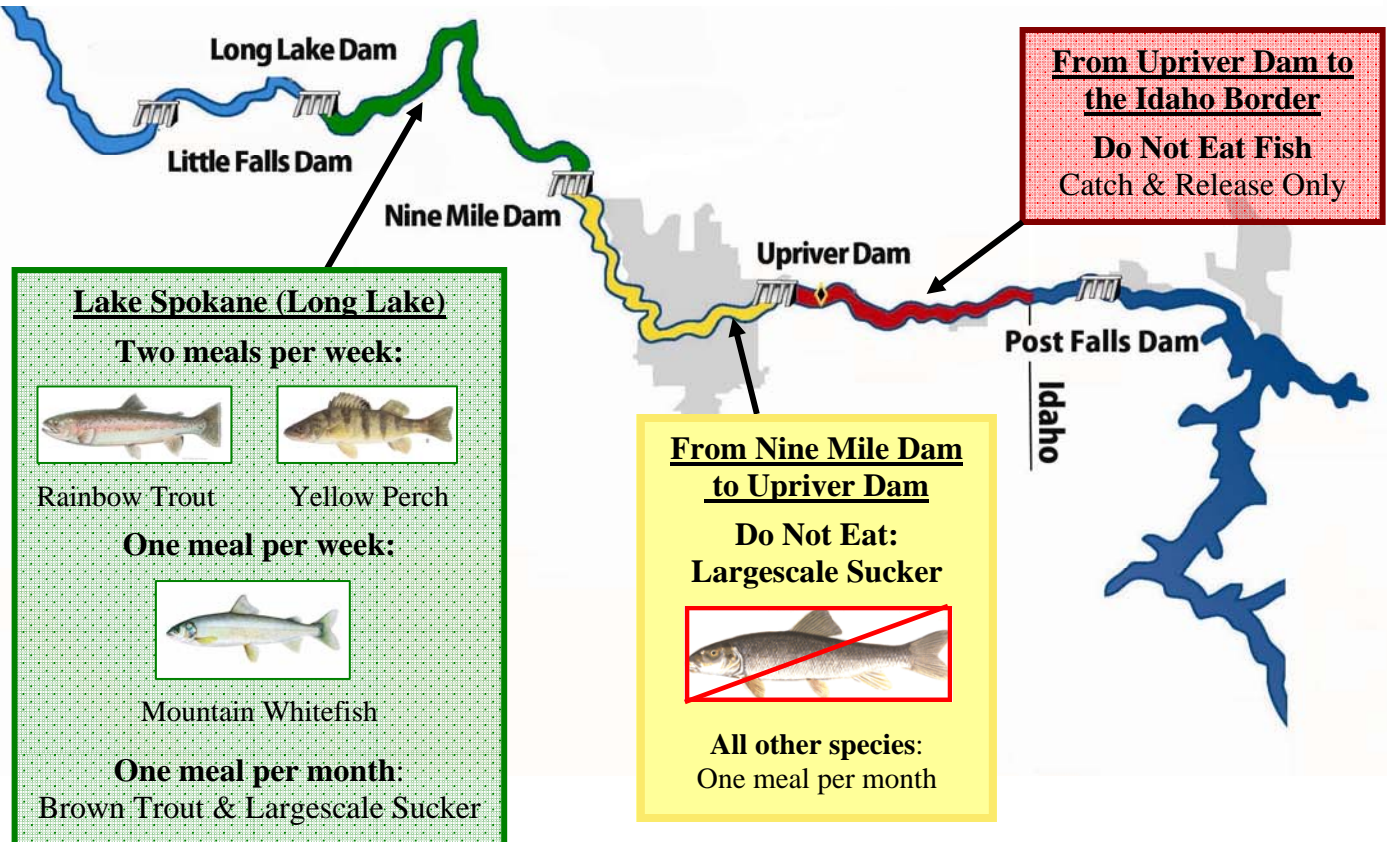


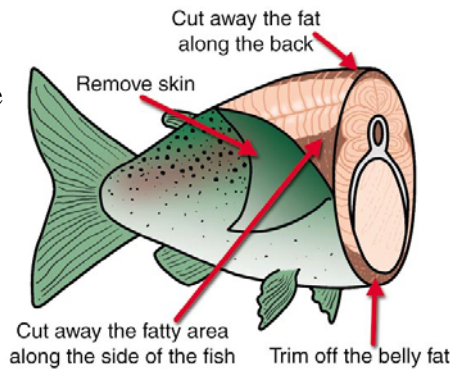
Spokane River fish contain chemicals called PCBs and PBDEs (flame retardants). These chemicals can be harmful to your health and the health of your children if eaten in quantities higher than advised.

This advisory is for everyone; men, women, and children. Women who are or might become pregnant, nursing mothers, and young children should pay special attention to this advisory.



You can reduce your exposure to PCBs if you prepare your fish this way:

- When cleaning fish, remove the skin, fat, and internal organs before cooking
- Cook fish on a rack so the juices and fat will drip off
- Do not eat the head, juices, bones, organs/guts, fat, and skin
- Consume younger, smaller fish



Questions?

Spokane River Fish Advisory:
 Spokane Regional Health District
 Mike LaScuola 509-324-1574
www.srhd.org

Fish Advisories in Washington State:
 WA Department of Health
 Toll-Free 1-877-485-7316
www.doh.wa.gov/fish

DOH PUB NO: 334-164

Washington State Mercury Advisory: Women who are or might become pregnant, nursing mothers, and young children should follow this advice due to high mercury levels in these fish statewide:
Northern Pikeminnow – Do Not Eat **Largemouth and Smallmouth Bass – Two meals per month**