

Do you catch and eat fish from the Connecticut River?

Some fish have been identified as unfit for human consumption by the Massachusetts Department of Fish and Game due to unsafe levels of mercury and PCBs in fish tissue.

Some fish you may be catching and eating from the Connecticut River are contaminated with harmful pollutants that can be bad for your health. You may not fall ill right away, but they can cause chronic and ultimately fatal illnesses if you continue to eat them in large quantities, over a long period of time. The affect of these pollutants increases with the AMOUNT you eat—it accumulates in different parts of your body, such as fat or muscle tissue. In some cases, it accumulates in your blood stream and breast milk.

AT RISK POPULATIONS are children under 12, women who are pregnant or may become pregnant, women of child-bearing age, or breast-feeding women and should pay extra attention to the following information.

Potential HUMAN HEALTH RISKS associated with mercury, PCBs, DDT, and dioxin, *may* include the following:


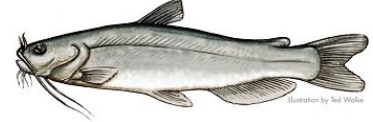


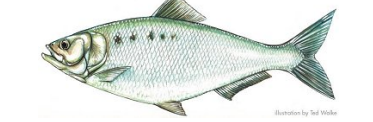




Reproductive System - This includes pollutant presence in breast milk; abnormal embryonic development.

Cancer - The pollutants are known carcinogens. *Asthma* - Chronic exposure is linked to increased asthma rates and susceptibility.

Neurological System - Neuro-disrupters; developmental abnormalities. *Cardiovascular System* - These pollutants affect tissue growth and health.

Development - Chronic exposure has been linked to issues of brain and body development in children.

Immune System - Exposure linked to weakened or suppressed immune responses. *Diabetes* - Chronic exposure linked to higher rates of diabetes.

<i>FISH PICTURE</i>	<i>COMMON NAME</i>	<i>TOXINS IN FISH TISSUE*</i>	<i>POPULATIONS AT RISK FOR HEALTH PROBLEMS DUE TO FISH CONSUMPTION</i>
	Brown Bullhead	PCBs Mercury Dioxin DDT	Subsistence fishers Recreational fishers
	Channel Catfish	PCBs	All populations
	White Catfish	PCBs	All populations
	Yellow Perch	PCBs Mercury Dioxin DDT	All populations Subsistence Fishers Recreational Fishers
	American Shad	PCBs Mercury Dioxin DDT	Subsistence Fishers Recreational Fishers
	Striped Bass	PCBs	All populations Subsistence Fishers Recreational Fishers
	White Sucker	PCBs Mercury DDT Dioxin	Subsistence Fishers Recreational Fishers
	Smallmouth Bass	PCBs Mercury DDT Dioxin	Subsistence Fishers Recreational Fishers
	American Eel	PCBs	All populations Subsistence Fishers Recreational Fishers

FOR MORE INFORMATION: Massachusetts Department of Fish and Game at www.mass.gov/dfwele/dfw/recreation/fishing

*The Connecticut River Fish Tissue Study, U. S. EPA (2000) can be found at www.epa.gov/ne/lab/reportsdocuments/ctriverfr2000/index.html