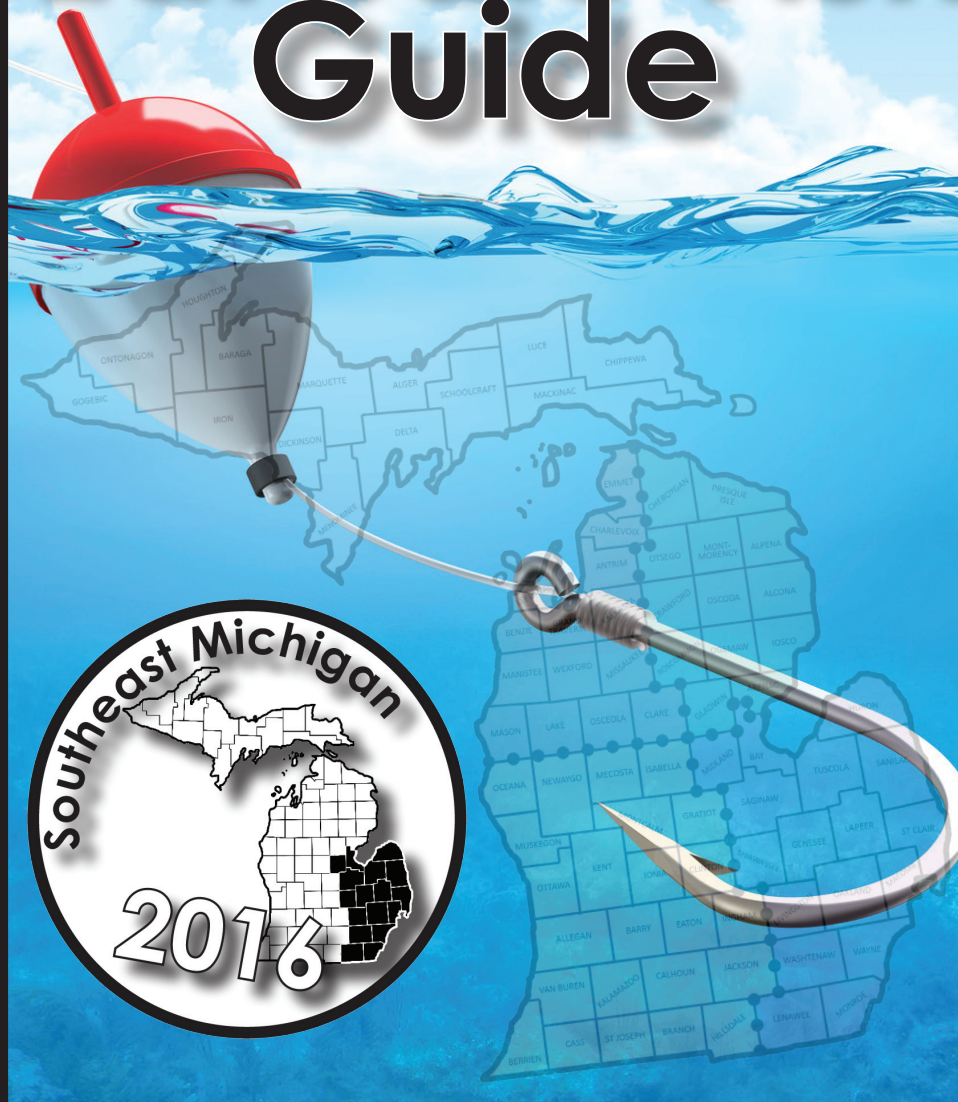


Michigan Department Health and Human Services'

Eat Safe Fish Guide



Some fish contain chemicals that can harm your health. MDHHS tests filets of fish taken from Michigan's lakes and rivers to learn which fish are safer to eat. The *Eat Safe Fish Guide* lists the fish that have been tested and how much is safe to eat.





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About the Guide

The *Eat Safe Fish Guide (ESF Guide)* is provided by the Michigan Department of Health and Human Services (MDHHS).

- The fish listed under each lake or river in the *ESF Guide* have been tested for chemicals.
- Scientists from MDHHS test **ONLY** the filet of the fish - the part that you would eat - to determine the guidelines included in the *ESF Guide*.
- MDHHS uses the test results from the fish filets to find the average amount of chemicals in the fish species from that lake or river. They use this information to determine how much fish is safe to eat per month.
- The *ESF Guide* is not a rulebook. These are only guidelines to help you make safer choices for you and your family. You are not required to use it.
- The *ESF Guide* does not include rules and regulations about catching or keeping legally-sized fish.
- The *ESF Guide* provides advice for the size range of fish that are typically caught and eaten.

Michigan DNR Fishing Laws



You should get a copy of the *DNR Michigan Fishing Guide* when you purchase your fishing license. If you lost your *Fishing Guide* or have other questions about fishing legally, please call the Michigan Department of Natural Resources at 1-517-373-1230 or visit www.michigan.gov/fishing.

Questions About Eating Safe Fish?

If you have questions about choosing safer fish to eat or would like the *ESF Guide* for another region, please call the Michigan Department of Health and Human Services at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.



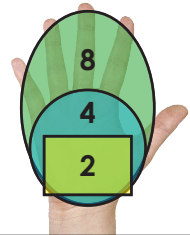
Choosing Safer Fish

The guidelines in the *ESF Guide* are set to be safe for everyone. **This includes children, pregnant or breastfeeding women, and people who have health problems, like cancer or diabetes.**

But the *ESF Guide* is also for healthy adults who want to avoid getting too many chemicals in their bodies. Chemicals like PCBs and dioxins are linked to cancer, diabetes, and other illnesses. Mercury can cause damage to your brain and nerves. MDHHS uses chemical limits in the *ESF Guide* that will protect everyone who eats fish.

My Michigan, MI Serving Size

- 8 ounces of fish = size of an adult's hand (large oval)
- 4 ounces of fish = size of the palm of an adult's hand (small circle)
- 2 ounces of fish = size of half a palm of an adult's hand (rectangle)



How much is MI Serving?

Weight of Person	MI Serving Size
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

Weigh Less?

For every 20 pounds less than the weight listed in the table, **subtract 1 ounce of fish.**

For example, a 70 pound child's *MI Serving size* is 3 ounces of fish.
 $90 \text{ pounds} - 20 \text{ pounds} = 70 \text{ pounds}$
 $4 \text{ ounces} - 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 3 \text{ ounces}$

Weigh More?

For every 20 pounds more than the weight listed in the table, **add 1 ounce of fish.**

For example, a 110 pound person's *MI Serving size* is 5 ounces of fish.
 $90 \text{ pounds} + 20 \text{ pounds} = 110 \text{ pounds}$
 $4 \text{ ounces} + 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 5 \text{ ounces}$



Are you pregnant?

Fish is good for you and your baby! Use your pre-pregnancy weight to find your *MI Serving size*. It is best to avoid eating fish labeled as "Limited" if you're pregnant or breastfeeding.

Special MI Serving Categories

Limited

If you:

- are under the age of 15,
-or-
- have health problems, like cancer or diabetes,
-or-
- are planning on having children in the next several years, currently pregnant, or breastfeeding,



MDHHS suggests you **avoid eating all fish listed as “Limited”** because of higher levels of chemicals.

If **NONE** of the above apply to you, it is usually OK to eat fish listed as “Limited” **1 or 2 times each year**.

Do Not Eat

No one should eat fish listed as Do Not Eat, regardless of age or health.

When these fish were tested, MDHHS found very high levels of chemicals. Eating even one meal of these fish could possibly lead to health problems in the future, regardless of age or health.



Finding a Balance

Sometimes a child might eat more than 2 ounces of fish, or a 180 pound adult might eat more than 8 ounces of fish in one sitting. It's OK, just count the number of *MI Servings* you eat in that meal.

For example, let's say the 180 pound adult ate 16 ounces of fish during one meal. That is 2 *MI Servings* of fish for a person of that size. If the fish is listed as 2, 4, or 12 *MI Servings* in the *ESF Guide*, they're still within their range. If the fish is listed as 1 *meal per month* or *Limited*, they might want to avoid eating other meals of fish for a while to give their body time to process the chemicals.

No one should eat any amount of fish listed as Do Not Eat in the *ESF Guide*.



Get to know the **3Cs**

Choose, Clean, Cook



Choose

If you eat fish often, you can use the *ESF Guide* to choose the safest fish to keep and eat from any Michigan lake or river. Is that fish limited to 1 or 2 meals per month in the *ESF Guide*? Use the map to find another lake or river nearby where you can eat more!



Clean

When you clean your fish, try trimming away as much of the fat as you can see. Some chemicals, like PCBs and dioxin, are stored in the fat. If you cut out the fat, you cut down on the chemicals in your fish. Just note, you can't remove mercury from your fish by trimming. Mercury is stored in the meat of the fish.



Cook

Not only is grilling or broiling your fish healthier than frying, it also helps to get rid of more chemical-carrying fat. When you cook a fish on a grate, any fat hiding inside the filet can melt and drip away from the fish. This removes even more of those harmful chemicals.

If you follow the 3Cs carefully, you can remove up to half of the chemicals in your fish.

That means you can double the number of *MI Servings* per month, if:

- Mercury is **not listed** in the “**Chemical of Concern**” column.
- The *MI Serving* is not listed as “**Limited**”.

For example:

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*	Can you double?
Brown Trout	Dioxin	Any Size	Limited [▲]	No, it is “Limited.”
Burbot	PCBs	Any Size	12	Yes! 24 meals are OK, if you follow the 3Cs.
Carp	Mercury	Any Size	4	No, mercury is listed as a chemical in the fish.

Use the Statewide Safe Fish Guidelines ONLY if:



- your lake or river is not listed in the regional *Eat Safe Fish Guide*, OR
- your lake or river is listed in the *Eat Safe Fish Guide*, but the fish species is not listed.

Statewide Safe Fish Guidelines

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any Size	4
Bluegill	Mercury	Any Size	8
Bullhead	Mercury	Any Size	4
Carp	PCBs	Any Size	2
Catfish	PCBs & Mercury	Any Size	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Muskellunge	Mercury	Any Size	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Rock Bass	Mercury	Any Size	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Any Size	8
Sunfish	Mercury	Any Size	8
Walleye	Mercury	Under 20"	2
		Over 20"	1
White Crappie	Mercury	Any Size	4
Yellow Perch	Mercury	Any Size	4

These guidelines are based on the typical amount of chemicals found in fish filets tested from around the state. Some fish may be higher or lower. If any of these fish are listed in the guidelines for the lake or river you are fishing in, use **those** guidelines instead of statewide guidelines. The *MI Servings* recommendation will be more exact for that lake or river because those filets have been tested.

* See page 6

▲ See page 7

FAQs

How often is the Eat Safe Fish Guide (ESF Guide) updated?

The *ESF Guide* is updated regularly, but due to time and funding not all fish from all bodies of water listed in the *ESF Guide* are tested every year. If there are special problems in the area, fish may be tested more often or sooner than planned.

PCBs, dioxin, mercury, and other chemicals that can be found in fish stay in our environment for a very long time. The amount of chemicals found in the fish is not expected to change a lot from year to year.

What part of the fish is tested for the ESF Guide?

Only the filets of the fish are tested for chemicals. The skin is left on or taken off depending on common practice when cooking the fish. The organs and head are not tested for the *ESF Guide*. Internal organs (liver, fish eggs, etc.) typically have higher levels of chemicals than the filet and shouldn't be eaten.



Can I review the data myself?

Yes. All of the data, procedures, and scientific reports used to create the *ESF Guide* are available online at www.michigan.gov/eatsafefish (click on Science & Reports). If you do not have internet access, call MDHHS at 1-800-648-6942, and we'll be happy to provide you with the information.

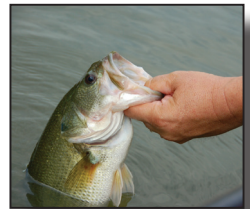
Why does MDHHS always test carp?



Carp tend to eat everything in their path. MDHHS can use the test results from the carp to find out if there are chemicals in that lake or river, which ones, and how much. If tests on carp come back clean, it is likely other fish are also clean. If the carp have a lot of chemicals in them, then it is likely other species of fish will also have chemicals. MDHHS will then test other species of fish to see if they are safe to eat.

Will I be able to tell if the fish are safe to eat by looking at them?

No. You will not be able to see any of the chemicals, even mercury, in the fish. You also can't taste or smell the chemicals listed in the *ESF Guide*. To find the chemicals, MDHHS tests the fish in a laboratory. MDHHS only tests the filet of the fish - the part most people eat - for chemicals.



You can't see these chemicals in the water, either. Some very clear lakes or rivers can still have fish with higher levels of chemicals. If you eat a lot of Michigan fish, you can check the *ESF Guide* to find the safest options from the lake or river that you're fishing.

Is it safe to touch a fish that has chemicals in it?

Yes. You do not need to wear gloves or worry about getting the chemicals on you. They will not absorb into your skin from the fish.

Catch and release is almost always safe in Michigan regardless of where you're fishing. However, sometimes your local health department may issue a temporary warning against touching the water - including the fish that live in the water - because of problems like sewage overflow or harmful algae blooms.

You can contact your local health department or visit <http://www.deq.state.mi.us/beach/> for local warnings about water quality.

Why should I use the Eat Safe Fish Guide?

If you eat fish, you might also be eating chemicals - like mercury, PCBs, or dioxins. These chemicals can stay in your body for a long time.

The *ESF Guide* is designed to protect everybody - men, women, and children - who eats fish on a regular basis.

Using the *ESF Guide* and following the MI Serving suggestions will keep you from getting too many chemicals in your body at once. Scientists set the limits in the *ESF Guide* so that you are protected from possible health problems from the chemicals, no matter how long they stay in your body.

The *ESF Guide* is designed to protect any person who eats fish on a regular basis. If you are a healthy adult who is not pregnant and only eats Michigan fish once or twice a year from waters that are not posted with MDHHS signs, then you don't *need* to use the *ESF Guide* .

The S.A.F.E. fishing tips and the 3Cs in the *MDHHS Eat Safe Fish in Michigan* brochure will help the occasional Michigan fish eater avoid eating too many chemicals. Call 1-800-648-6942 to get a free copy of the brochure.

You may choose to eat more fish than the *ESF Guide* recommends. These guidelines are not rules; it is your choice. And not everyone will get sick from eating too many of these chemicals. The chemicals in the fish won't make you sick right away, either. Some people will be fine after years of eating fish with these chemicals in them. Others can have health problems. It is difficult to know who might get sick from the chemicals in fish and who won't. The *ESF Guide* makes it easy for you to make safer choices for you and your family and avoid eating too many chemicals in fish.

I don't see a fish species listed in the ESF Guide. I don't see my favorite fishing hole. What does this mean?

Michigan is lucky to have over 11,000 lakes, rivers, and streams. Because of that huge number, it is not possible to test every fish species from every body of water in the state.

If you don't see the fish species you're going after listed in the *ESF Guide* for your lake or river OR you don't see the lake or river listed at all, see page 9 for the **Statewide Safe Fish Guidelines**.

Common Michigan Fish

The fish listed here can be found in lakes and rivers around Michigan. Once you ID your fish, you can use the guidelines in this booklet to see how often the fish is safe to eat.



Black Crappie



Bluegill



Brook Trout



Brown Trout



Burbot



Carp



Channel Catfish



Chinook Salmon
(aka King Salmon)



Coho Salmon



Lake Herring



Lake Trout



Largemouth Bass
(aka Green Bass)



Northern Pike



Muskellunge
(aka Muskie)

Fish are not to scale.

Common Michigan Fish

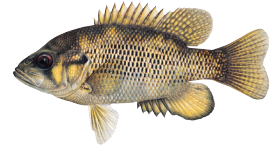
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Pumpkinseed
(aka Sunfish)



Rainbow Trout



Rock Bass



Siscowet



Sheepshead
(aka Freshwater Drum)



Smallmouth Bass



Sucker



Walleye



White Bass
(aka Silver Bass)



White Crappie



Whitefish



Yellow Perch

If you need more help finding out what kind of fish you caught, please visit www.michigan.gov/fishid or call your local DNR Operations Center.

Fish are not to scale.

Fish Eating Guidelines by County

The fish species listed on the following pages have been tested for chemicals by the Michigan Department of Health and Human Services (MDHHS).

The guidelines issued by MDHHS are based only on the amount of chemicals in the filet of the fish - the part that you would eat.

All fish listed here are not tested every year. Because the chemicals found in fish don't break down quickly, the amount of chemicals in the fish will not change that much from year to year and neither will the guidelines.

If you would like to see the data collected to support these guidelines, they are available at www.michigan.gov/eatsafefish. If you do not have access to the internet or have additional questions, we are available at 1-800-648-6942, Monday-Friday, 8am-5pm.



www.michigan.gov/eatsafefish



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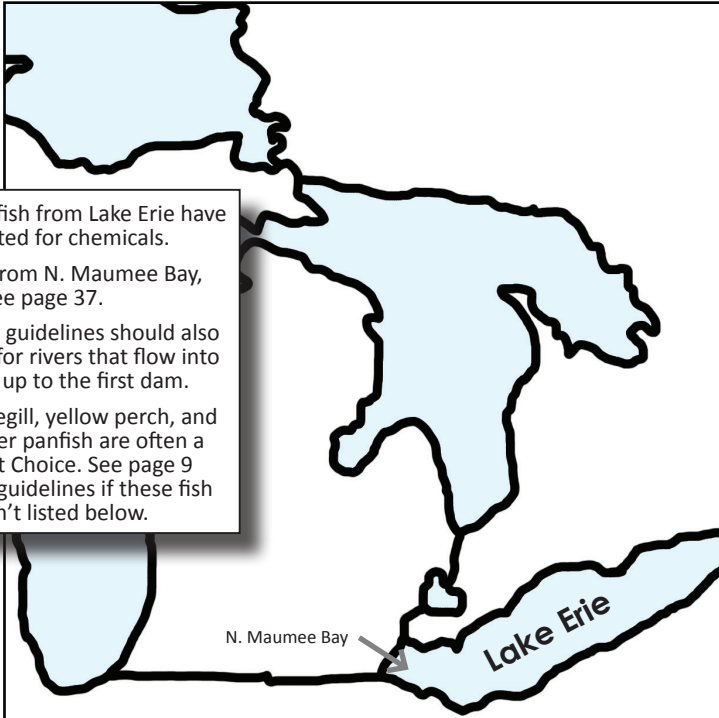
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See page 72 for a list of all lakes and rivers included in this booklet.

Special thanks to the Michigan Department of Environmental Quality and the Michigan Department of Natural Resources for providing technical support for the development of the *Eat Safe Fish Guides*.


Lake Erie



Filets of fish from Lake Erie have been tested for chemicals.

For fish from N. Maumee Bay, please see page 37.

Lake Erie guidelines should also be used for rivers that flow into the lake, up to the first dam.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat [▲]
Catfish	PCBs & Dioxins	Any	Limited [▲]
Chinook Salmon	PCBs	Any	Limited [▲]
Coho Salmon	PCBs	Any	Limited [▲]
Freshwater Drum	PCBs	Any	Limited [▲]
Lake Whitefish	PCBs	Under 16" Over 16"	6 Per Year ^{2x} Limited [▲]
Largemouth Bass	PCBs	Any	Limited [▲]
Rainbow Trout	PCBs	Any	Limited [▲]
Smallmouth Bass	PCBs	Any	Limited [▲]
Steelhead	PCBs	Any	Limited [▲]

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Lake Erie (continued from p 16)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited [▲]
White Perch	PCBs	Any	Limited [▲]
Yellow Perch	PCBs	Any	2 ^{2x}

N. Maumee Bay

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs	Any	Limited [▲]
Smallmouth Bass	PCBs	Any	Limited [▲]

Use the Lake Erie guidelines on page 16 for any fish species not listed above.

* See page 6

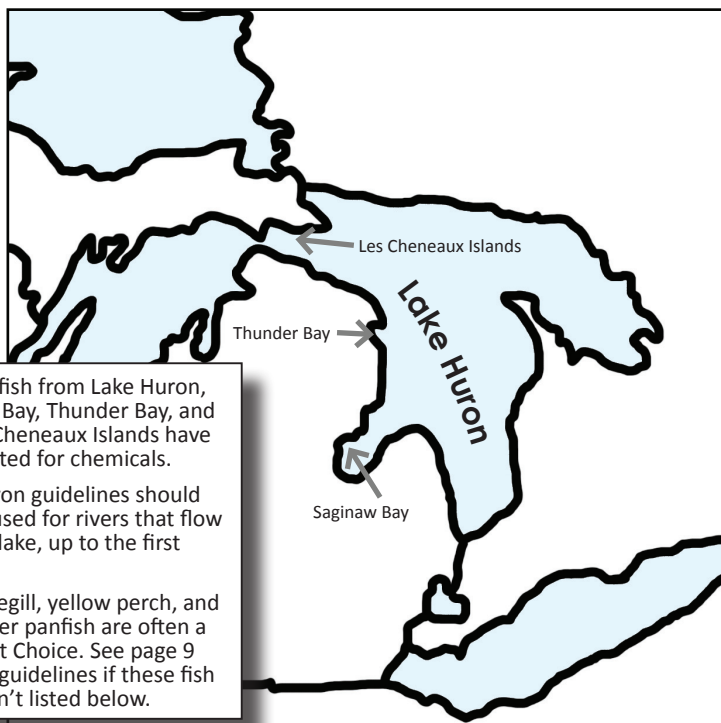
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Best Choice! =



Lake Huron




Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs	Any	6 Per Year ^{2x}
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Lake Whitefish	Dioxins	Any	6 Per Year ^{2x}
Northern Pike	PCBs	Any	1 ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Lake Huron (continued from p 18)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rainbow Trout	PCBs	Any	6 Per Year ^{2x}
Smelt	PCBs	Any	4 ^{2x}
Steelhead	PCBs	Any	6 Per Year ^{2x}
Suckers	PCBs	Any	2 ^{2x}
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Limited [▲]
White Perch	PCBs	Any	6 Per Year ^{2x}
Yellow Perch	Dioxins	Any	2 ^{2x}

Les Cheneaux Island Area & Thunder Bay

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	12
Carp	PCBs & Dioxins	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Rock Bass	Mercury	Under 8"	8
Rock Bass	Mercury	Over 8"	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	Mercury	Any	12
Yellow Perch	Dioxins	Any	2 ^{2x}

Use the Lake Huron guidelines above for any fish species not listed here.

Saginaw Bay

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]

(continued on the next page)


Saginaw Bay (continued from p 19)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

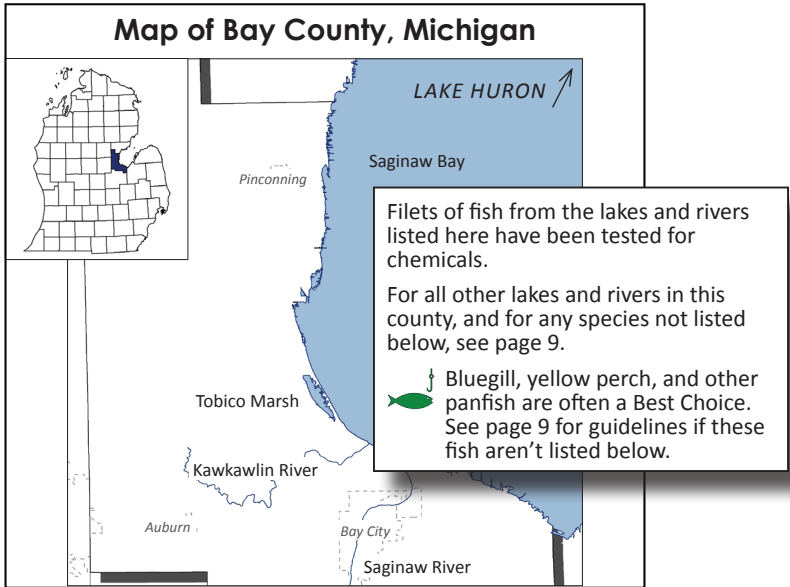
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Best Choice! = 

Bay County



Kawkawlin River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Northern Pike	PCBs	Any	Limited [▲]

When fishing the river near Saginaw Bay, use the Saginaw Bay guidelines below.

Saginaw Bay


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Bay County (continued)

Saginaw Bay

(continued from page 21)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

Saginaw River


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Do Not Eat [▲]
Largemouth Bass	PFOS, PCBs, & Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	PFOS, PCBs, & Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	4
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

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^{2x} See page 8

Best Choice! = 

Tobico Marsh

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	4
		Over 30"	2

See which fish are safe to eat from Lake Huron on Page 18.

* See page 6

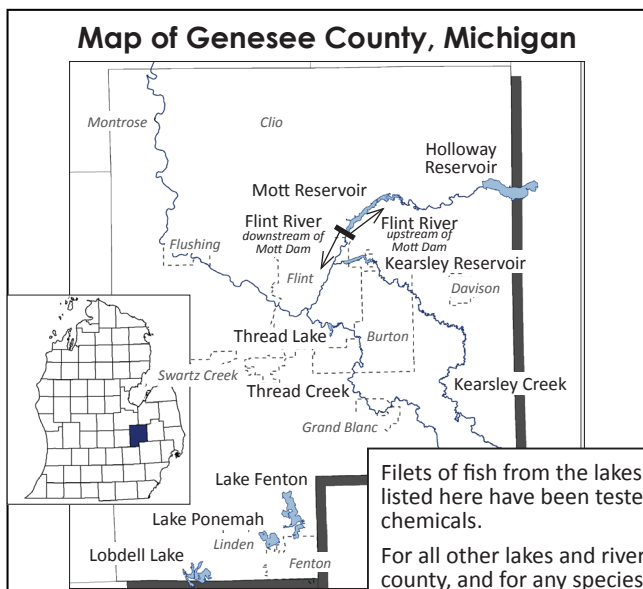
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Best Choice! =



Genesee County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

↑ Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Flint River

(upstream of Mott Dam, including the Mott Reservoir)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	4
Walleye	Mercury	Any	4

Flint River

(downstream of Mott Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Any	6 Per Year
Smallmouth Bass	PFOS	Any	6 Per Year

PFOS can't be reduced by trimming and cooking. Do not double MI Servings.

(continued on the next page)

Genesee County (continued)

Holloway Reservoir

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Catfish	Mercury	Any	4
Largemouth Bass	Mercury	Under 18"	4
		Over 18"	2
Smallmouth Bass	Mercury	Under 18"	4
		Over 18"	2

Kearsley Creek & Reservoir

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	4
		Over 18"	2
Smallmouth Bass	Mercury	Under 18"	4
		Over 18"	2

Lake Fenton

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Lake Ponemah

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

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Genesee County (continued)

Lobdell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 24"	2 ^{2x}
		Over 24"	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year


Thread Creek & Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}

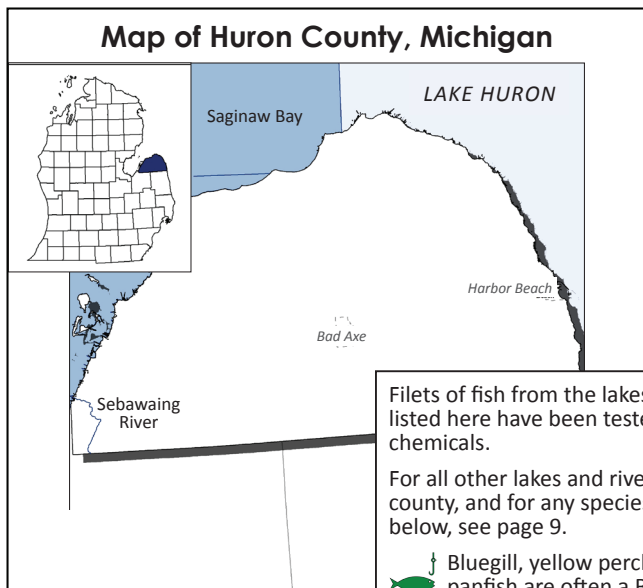
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Best Choice! = 

Huron County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Saginaw Bay


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

(continued on the next page)

* See page 6

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Best Choice! = 

Huron County (continued)

Sebawaing River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Northern Pike	PCBs	Any	1 ^{2x}

When fishing the river near Saginaw Bay, use the Saginaw Bay guidelines above.

See which fish are safe to eat from Lake Huron on Page 18.

* See page 6

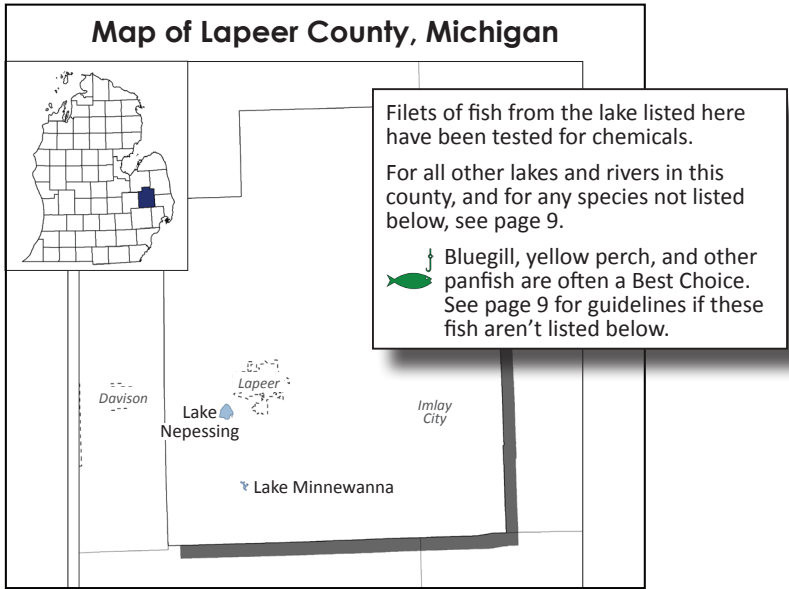
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Best Choice! =




Lapeer County



Lake Minnewanna

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year


Lake Nepeessing

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Carp	PCBs & Mercury	Under 32"	8
		Over 32"	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

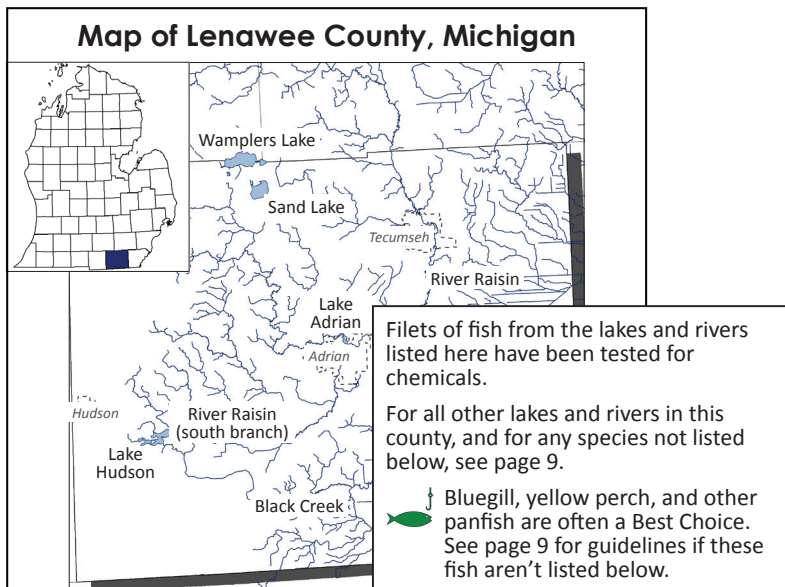
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Best Choice! = 

Lenawee County



Lake Adrian

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

Black Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]

Lake Hudson

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

Lenawee County (continued)

River Raisin - Main Branch

(see Monroe Co., p 43, for guidelines downstream of Dundee Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}

River Raisin - South Branch

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	Mercury	Under 13"	1
		Over 13"	6 Per Year

Sand Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Any	1

Wampplers Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	2
White Crappie	Mercury	Any	2
Largemouth Bass	Mercury	Under 20"	1
		Over 20"	6 Per Year
Smallmouth Bass	Mercury	Under 20"	1
		Over 20"	6 Per Year

* See page 6

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Best Choice! =




Livingston County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Base Line Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

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* See page 6

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Best Choice! = 

Livingston County (continued)


Bishop Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Any	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Chenango Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	4
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Hoisington Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Carp	PCBs & Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 per year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 per year

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* See page 6

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Best Choice! =




Livingston County (continued)

Patterson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18" Over 18"	1 6 Per Year
Smallmouth Bass	Mercury	Under 18" Over 18"	1 6 Per Year

Portage Lake





Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Under 24"	16
	PCBs	24" to 28"	2 ^{2x}
		Over 28"	6 Per Year ^{2x}
Walleye	Mercury	Under 18"	2
		Over 18"	1

Shiawassee River - South Branch

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PCBs	Any	Do Not Eat [▲]

Sloan Lake

(including all of Mann Creek)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Northern Pike	Mercury	Under 32"	2
		Over 32"	1
Sunfish	Mercury	Any	16

(continued on the next page)

* See page 6

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Best Choice! = 

Livingston County (continued)

Thompson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Black Crappie	PCBs	Any	Limited [▲]
Northern Pike	PCBs	Any	Limited [▲]
White Crappie	PCBs	Any	Limited [▲]
All Other Species	PCBs	Any	Limited [▲]

Whitmore Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2 ^{2x}
Northern Pike	Mercury	Under 30" Over 30"	1 6 Per Year

Woodland Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	4 ^{2x}
Largemouth Bass	Mercury	Under 18" Over 18"	2 1
Smallmouth Bass	Mercury	Under 18" Over 18"	2 1

* See page 6

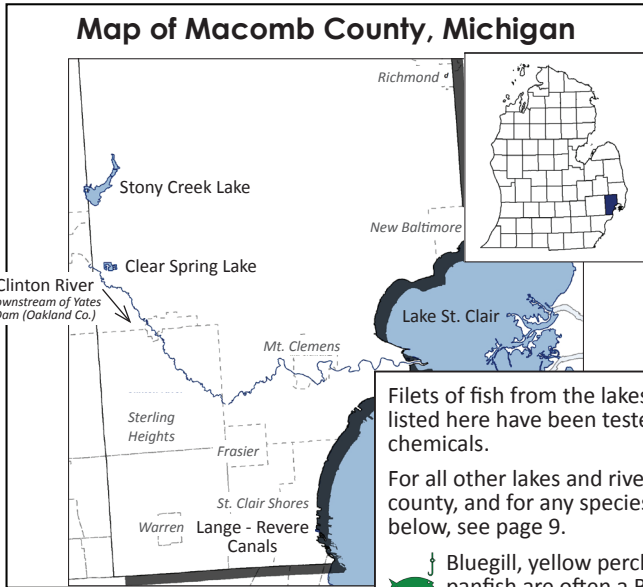
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Best Choice! =




Macomb County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Clear Spring Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs	Under 18"	1 ^{2x}
	PCBs & Mercury	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	1 ^{2x}
	PCBs & Mercury	Over 18"	1

Clinton River

(downstream of Yates Dam, Oakland Co.)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Rock Bass	Mercury	Any	2

(continued on the next page)

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Best Choice! = 

Clinton River

(continued from page 36)






Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	PCBs & Mercury	Any	8
Walleye	PCBs	Under 24"	1 ^{2x}
	PCBs & Mercury	Over 24"	1

When fishing the river near Lake St. Clair, use the lake guidelines below.

Lake St. Clair

(If you are fishing on the lake in between Lakefront Park and Veteran's Memorial Park & out into open water in that area, please see the Special Notice, page 38.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	8 ^{2x}
Carp	PCBs	Any	Limited [▲]
Catfish	Dioxins	Any	Limited [▲]
Black Crappie	Mercury	Under 9"	8
		Over 9"	4
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Sunfish	PCBs	Any	8 ^{2x}
Sturgeon	PCBs	Any	Limited [▲]

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* See page 6

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Best Choice! =



Macomb County (continued)

Lake St. Clair

(continued from page 37)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited [▲]
White Crappie	Mercury	Under 9"	8
		Over 9"	4
Yellow Perch	Mercury	Any	4



Lake St. Clair: Special Notice

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park and Veteran's Memorial Park & out into open water.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Smallmouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Sunfish	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
Yellow Perch	PCBs	Any	2 ^{2x}
All Other Species	PCBs	Any	Limited [▲]

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Best Choice! =



Lange-Revere Canals

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PCBs	Any	Do Not Eat [▲]

Stony Creek Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	None	Any	16 ^{2x}
Black Crappie	Mercury	Any	2
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	None	Any	16 ^{2x}
Walleye	Mercury	Under 20"	2
		Over 20"	1
White Crappie	Mercury	Any	2



* See page 6

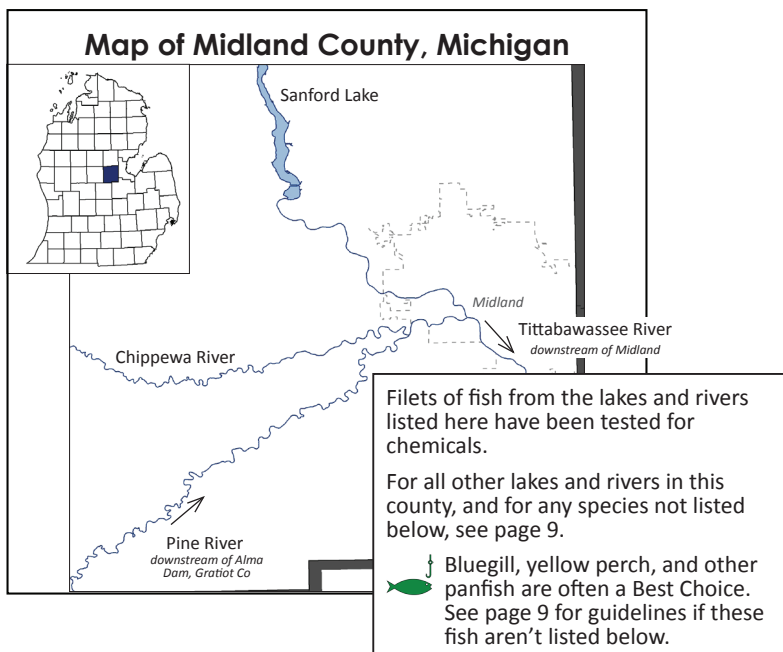
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Best Choice! =



Midland County



Chippewa River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Limited [▲]
Suckers	Mercury	Under 13"	4
		Over 13"	2

When fishing in the Chippewa River near the Pine River, please use the Pine River guidelines below.

Pine River

(downstream of St. Louis Dam in Gratiot Co. to the Chippewa River)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	DDT	Any	Do Not Eat [▲]
Largemouth Bass	DDT	Any	Do Not Eat [▲]

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Best Choice! = 



Midland County (continued)

Pine River

(continued from page 40)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	DDT	Any	Do Not Eat [▲]
Suckers	DDT	Any	Do Not Eat [▲]
All Other Species	DDT	Any	Do Not Eat [▲]

Sanford Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Catfish	Mercury	Any	2
 Black Crappie	Mercury	Under 9" Over 9"	8 4
Northern Pike	Mercury	Under 30" Over 30"	2 1
Rock Bass	Mercury	Any	4
Walleye	Mercury	Under 20" Over 20"	2 1
 White Crappie	Mercury	Under 9" Over 9"	8 4

Tittabawasse River

(downstream of Midland)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Do Not Eat [▲]
Largemouth Bass	PCBs & Dioxins	Under 18" Over 18"	6 Per Year ^{2x} Limited [▲]

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* See page 6

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Best Choice! =



Midland County (continued)

Tittabawassee River

(continued from page 41)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs & Dioxins	Under 18" Over 18"	6 Per Year ^{2x} Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

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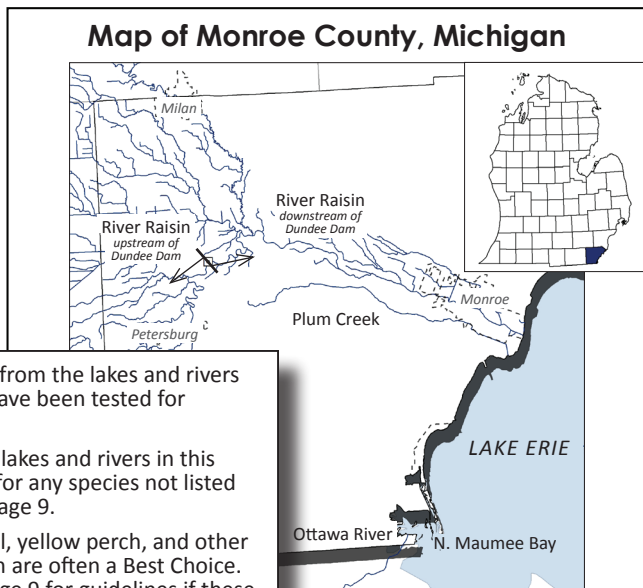
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Best Choice! =




Monroe County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

N. Maumee Bay

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs	Any	Limited [▲]
Smallmouth Bass	PCBs	Any	Limited [▲]

Use the Lake Erie guidelines on page 16 for any fish species not listed above.

Ottawa River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Under 28"	Limited [▲]
		Over 28"	Do Not Eat [▲]
Largemouth Bass	PCBs	Any	6 Per Year ^{2x}
Smallmouth Bass	PCBs	Any	6 Per Year ^{2x}


When fishing the river near Lake Erie, please check the lake guidelines on page 16, too.

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* See page 6

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Best Choice! = 

Monroe County (continued)

Plum Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Buffalo	PCBs & Dioxins	Under 28"	Limited [▲]
	Dioxins	Over 28"	Do Not Eat [▲]
Carp	PCBs & Dioxins	Under 28"	Limited [▲]
		Over 28"	Do Not Eat [▲]
Catfish	PCBs & Dioxins	Any	Limited [▲]
Freshwater Drum	PCBs	Any	Limited [▲]
White (Silver) Bass	PCBs	Any	Limited [▲]
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

River Raisin

(downstream of Dundee Dam in Dundee Township)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Under 28"	Limited [▲]
	Dioxins	Over 28"	Do Not Eat [▲]
Catfish	PCBs & Dioxins	Any	Limited [▲]
Freshwater Drum	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Any	6 Per Year ^{2x}
Smallmouth Bass	PCBs	Any	6 Per Year ^{2x}
White Bass	PCBs	Any	Limited [▲]
All Other Species	PCBs	Any	6 Per Year ^{2x}

See which fish are safe to eat from Lake Erie on Page 16.

* See page 6

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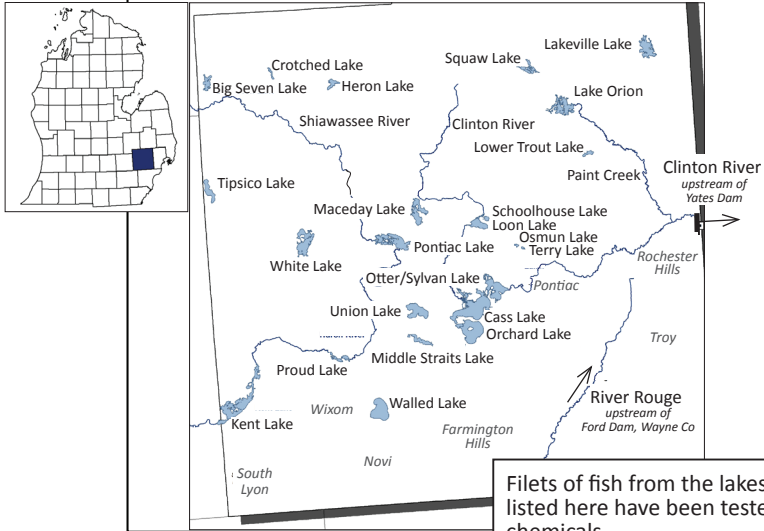
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Best Choice! =




Oakland County

Map of Oakland County, Michigan



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Big Seven Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Cass Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs & Mercury	Under 24"	1
		Over 24"	6 Per Year

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Oakland County (continued)

Clinton River

(downstream of Yates Dam, Oakland Co.)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Rock Bass	Mercury	Any	2
Suckers	PCBs & Mercury	Any	8
Walleye	PCBs	Under 24"	1 ^{2x}
	PCBs & Mercury	Over 24"	1

Crotched Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

Heron Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Kent Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Black Crappie	PCBs	Any	2 ^{2x}
Largemouth Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Any	1 ^{2x}
Walleye	PCBs	Any	6 Per Year ^{2x}
White Crappie	PCBs	Any	2 ^{2x}

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Best Choice! =



Lake Orion



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	DDT	Under 20"	8 ^{2x}
	PCBs	20" to 26"	2 ^{2x}
		Over 26"	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Lakeville Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2 ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Loon Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 20"	8 ^{2x}
		20" to 24"	2 ^{2x}
		Over 24"	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

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Best Choice! =



Oakland County (continued)

Lower Trout Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Maceday Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Middle Straits Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

Orchard Lake

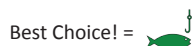
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

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Osmun Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 22"	6 Per Year ^{2x}
		Over 22"	Limited [▲]
Largemouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	2
Smallmouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	2

Otter/Sylvan Lakes

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 20"	2 ^{2x}
		Over 20"	Limited [▲]
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Paint Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	PCBs	Any	4 ^{2x}

Pontiac Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2 ^{2x}
Catfish	PCBs	Any	1 ^{2x}

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Best Choice! =



Oakland County (continued)

Proud Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Rouge River

(Upper and Main Branch, upstream of Ford Dam, Wayne Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}

Schoolhouse Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

Shiawassee River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	4

Squaw Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	2
Sunfish	Mercury	Any	2

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Tipsico Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

Terry Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 18"	1 ^{2x}
		Over 18"	Limited [▲]
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Union Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Walled Lake

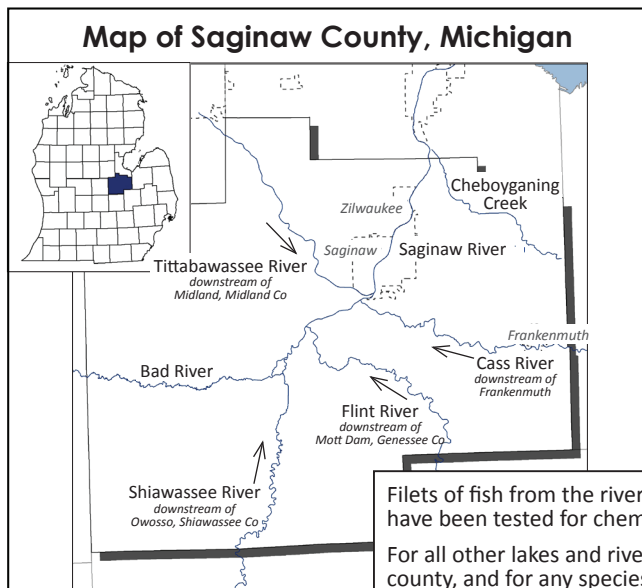
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

White Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	8
Walleye	Mercury	Under 22"	2
		Over 22"	1



Saginaw County



Filets of fish from the rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bad River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Catfish	PCBs	Under 18"	1 ^{2x}
		Over 18"	6 Per Year ^{2x}
Northern Pike	PCBs & Mercury	Any	2

Cass River

(downstream of Frankenmuth)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	6 Per Year ^{2x}
Catfish	PCBs & Dioxins	Any	6 Per Year ^{2x}

(continued on the next page)

Cheboyganing Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Northern Pike	PCBs	Under 26"	1 ^{2x}
		Over 26"	6 Per Year ^{2x}

Flint River

(downstream of Mott Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Any	6 Per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 Per Year

PFOS can't be reduced by trimming and cooking. Do not double MI Servings.

Saginaw River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Do Not Eat [▲]
Largemouth Bass	PFOS, PCBs, & Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	PFOS, PCBs, & Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	4
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

(continued on the next page)

Saginaw County (continued)

Shiawassee River

(downstream of Owosso, Shiawassee Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1



Tittabawassee River

(downstream of Midland, Midland Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Do Not Eat [▲]
Largemouth Bass	PCBs & Dioxins	Under 18"	6 Per Year ^{2x}
		Over 18"	Limited [▲]
Smallmouth Bass	PCBs & Dioxins	Under 18"	6 Per Year ^{2x}
		Over 18"	Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

* See page 6

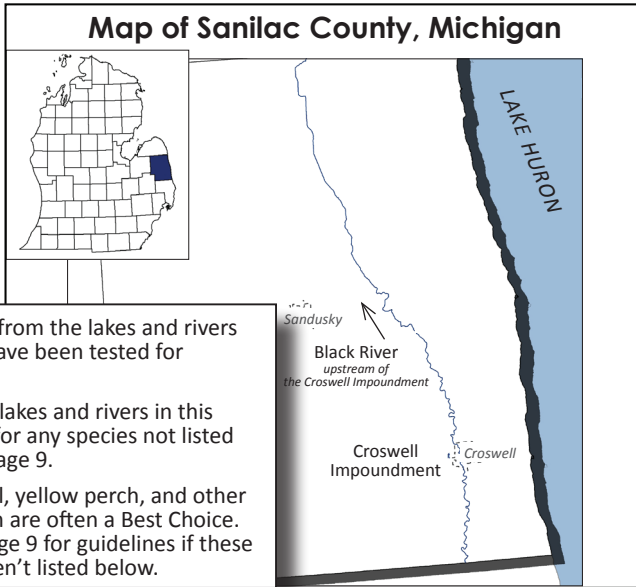
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Best Choice! =



Sanilac County



Black River

(upstream of the Croswell Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4

Croswell Impoundment

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4

See which fish are safe to eat from Lake Huron on Page 18.

* See page 6

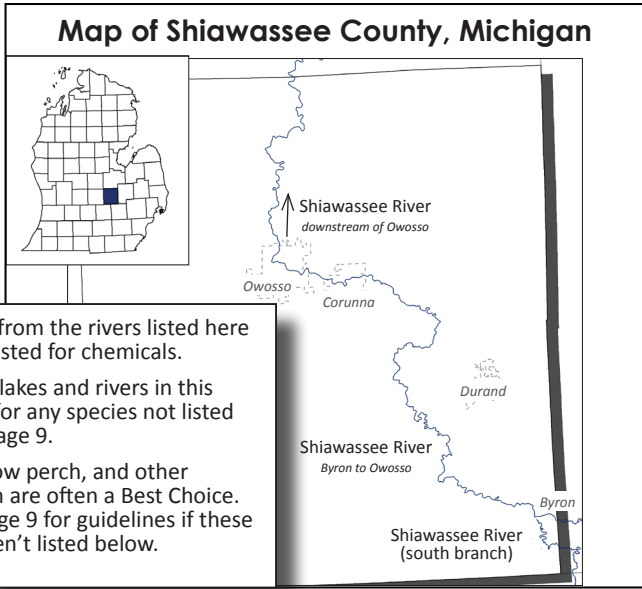
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Best Choice! =



Shiawassee County



Shiawassee River - South Branch

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PCBs	Any	Do Not Eat [▲]

Shiawassee River

(Byron to Owosso)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	2
Northern Pike	PCBs	Under 30"	6 Per Year ^{2x}
		Over 30"	Limited [▲]
Rock Bass	PCBs	Any	6 Per Year ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! =

Shiawassee County (continued)

Shiawassee River

(continued from page 56; Byron to Owosso)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	2
Suckers	PCBs	Any	6 Per Year ^{2x}

Shiawassee River

(downstream of Owosso)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1



* See page 6

▲ See page 7

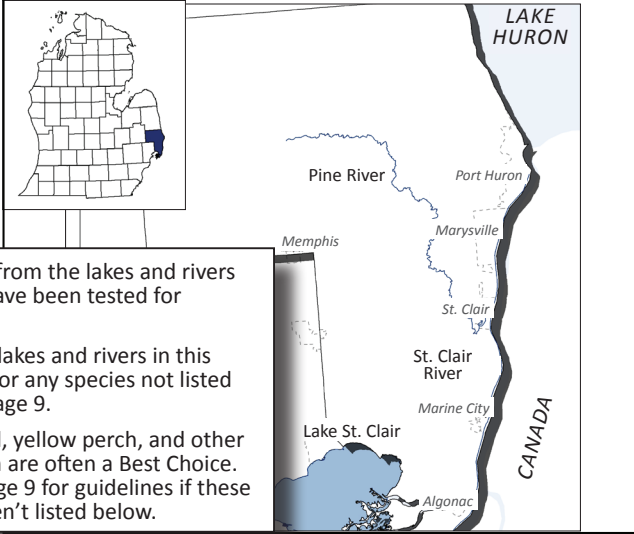
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Best Choice! =




St. Clair County

Map of St. Clair County, Michigan





Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Lake St. Clair

(If you're fishing within 2 miles of the outlet of the Lange-Revere Canals in Macomb Co., see page 38 for a special notice. This area is between Lakefront Park and Veteran's Memorial Park & out into open water.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	PCBs	Any	8 ^{2x}
Carp	PCBs	Any	Limited [▲]
Catfish	Dioxins	Any	Limited [▲]
 Black Crappie	Mercury	Under 9" Over 9"	8 4
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	PCBs & Mercury	Under 20" Over 20"	2 1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

St. Clair County (continued)

Lake St. Clair

(continued from page 58)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Sturgeon	PCBs	Any	Limited [▲]
Sunfish	PCBs	Any	8 ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited [▲]
White Crappie	Mercury	Under 9"	8
		Over 9"	4
Yellow Perch	Mercury	Any	4

Pine River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

St. Clair River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sturgeon	PCBs	Any	Limited [▲]

(continued on the next page)

* See page 6

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^{2x} See page 8

Best Choice! =



St. Clair County (continued)

St. Clair River

(continued from page 59)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White Bass	PCBs	Any	Limited [▲]
Yellow Perch	Mercury	Any	8

When fishing the river near Lake Huron (page 18) or Lake St. Clair (page 58), please check the lake guidelines, too.

See which fish are safe to eat from Lake Huron on Page 18.

* See page 6

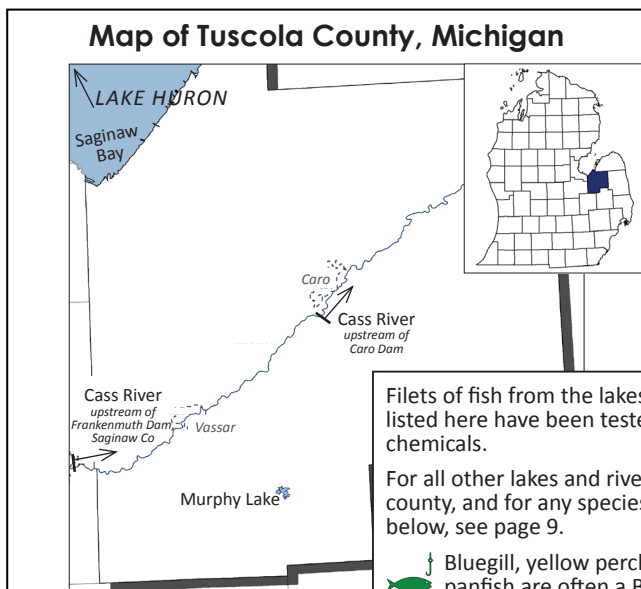
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Best Choice! =




Tuscola County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Cass River

(upstream of Caro Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 26"	2
		Over 26"	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Under 16"	4
		Over 16"	2

(continued on the next page)

* See page 6

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2x See page 8

Best Choice! = 

Tuscola County (continued)

Cass River

(upstream of Frankenmuth Dam, Frankenmuth, Saginaw Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	2

Murphy Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

Saginaw Bay


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

See which fish are safe to eat from Lake Huron on Page 18.

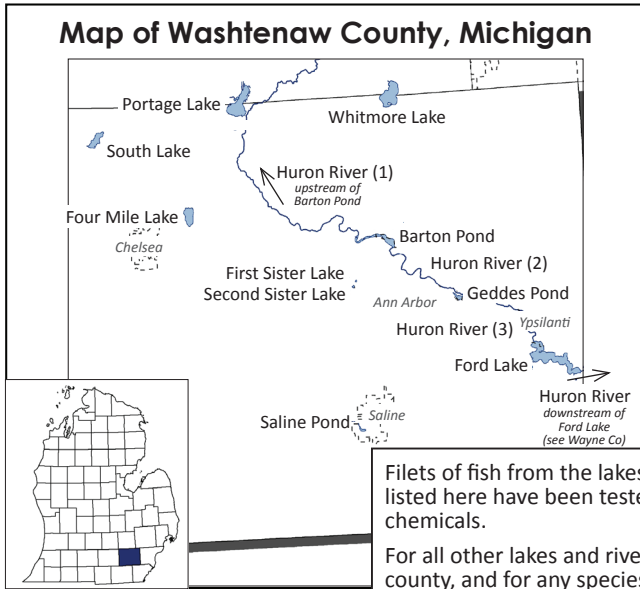
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Best Choice! = 

Washtenaw County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

First Sister Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	4

Four Mile Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

(continued on the next page)

* See page 6

▲ See page 7

2x See page 8

Best Choice! = 

Washtenaw County (continued)

Huron River (1)

(upstream of Barton Pond Dam; includes Barton Pond)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & DDT	Any	2 ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1



Huron River (2)

(downstream of Barton Pond to Geddes Dam, includes Geddes Pond)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

Huron River (3)

(downstream of Geddes Pond to Ford Lake Dam, includes Ford Lake)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	4 ^{2x}
 Bluegill	Mercury	Any	16
Carp	PCBs	Under 22"	1 ^{2x}
		Over 22"	Limited [▲]
Catfish	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
 Rock Bass	Mercury	Any	12
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

* See page 6

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^{2x} See page 8

Best Choice! = 

Washtenaw County (continued)

Huron River (3)

(continued from page 64)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	PCBs	Any	2 ^{2x}
Sunfish	Mercury	Any	16
Walleye	PCBs	Any	1 ^{2x}
White Crappie	PCBs	Any	4 ^{2x}

Portage Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Under 24"	16
		24" to 28"	2
		Over 28"	6 Per Year
Walleye	Mercury	Under 18"	2
		Over 18"	1

Saline Pond



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	12
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	Mercury	Any	12

Second Sister Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	2

(continued on the next page)

* See page 6

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^{2x} See page 8

Best Choice! =



Washtenaw County (continued)

South Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 28"	1
		Over 28"	6 Per Year
Rock Bass	Mercury	Any	2
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year


Whitmore Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2 ^{2x}
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

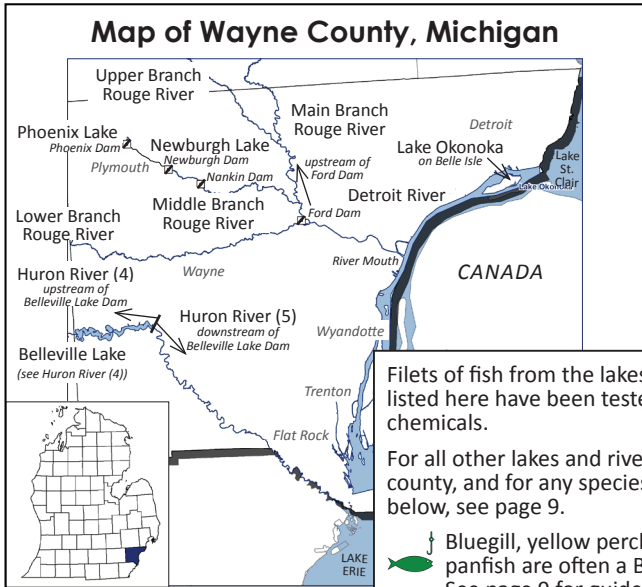
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^{2x} See page 8


Best Choice! = 

Wayne County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

 Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Detroit River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	PCBs	Any	2 ^{2x}
Carp	PCBs & Dioxins	Any	Limited [▲]
Catfish	PCBs & Dioxins	Any	Limited [▲]
Freshwater Drum	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Any	Limited [▲]
Northern Pike	Mercury	Any	1
Rock Bass	PCBs & Mercury	Any	4
Smallmouth Bass	PCBs	Any	Limited [▲]
Suckers	PCBs	Under 14"	2 ^{2x}
		14" to 18"	6 Per Year ^{2x}
		Over 18"	Limited [▲]

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! =



Wayne County (continued)

Detroit River

(continued from page 67)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Limited [▲]
Yellow Perch	PCBs	Any	4 ^{2x}

When fishing the river near Lake Erie (page 16) or Lake St. Clair (page 35), please check the lake guidelines, too.

Huron River (4)

(upstream of the Belleville Lake Dam (French Landing Dam) to Ford Lake Dam in Washtenaw Co.; includes Belleville Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Catfish	PCBs	Any	Limited [▲]
Gizzard Shad	PCBs	Any	Limited [▲]
Suckers	PCBs	Any	Limited [▲]
Walleye	PCBs	Any	6 Per Year ^{2x}
All Other Species	PCBs	Any	Limited [▲]

Huron River (5)

(downstream of Belleville Lake Dam to Lake Erie)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Under 28"	Limited [▲]
		Over 28"	Do Not Eat [▲]
Largemouth Bass	Mercury	Under 18"	2
	PCBs & Mercury	Over 18"	1
Rock Bass	PCBs	Any	12 ^{2x}
Smallmouth Bass	Mercury	Under 18"	2
	PCBs & Mercury	Over 18"	1

When fishing the river near Lake Erie (page 16), please check the lake guidelines, too.

(continued on the next page)



Lake Okonoka

(on Belle Isle, Detroit; also includes Lake Muskoday, Lake Tacoma, and the Blue Heron Lagoon)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 8"	4
		Over 8"	2
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16
White Crappie	Mercury	Under 8"	4
		Over 8"	2

For all other species caught in these lakes, please see the Detroit River, page 67.

Lake St. Clair

(if you're fishing within 2 miles of the outlet of the Lange-Revere Canals, see p. 38)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	8 ^{2x}
Carp	PCBs	Any	Limited [▲]
Catfish	Dioxins	Any	Limited [▲]
Black Crappie	Mercury	Under 9"	8
		Over 9"	4
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8



Best Choice! =



Wayne County (continued)

Lake St. Clair

(continued from page 69)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Sturgeon	PCBs	Any	Limited [▲]
 Sunfish	PCBs	Any	8 ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited [▲]
 White Crappie	Mercury	Under 9" Over 9"	8 4
Yellow Perch	Mercury	Any	4

Rouge River - Lower & Main Branch

(from the Detroit River to Ford Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	2 ^{2x}
	PCBs & Mercury	Over 18"	1
Rock Bass	PCBs & Mercury	Any	4

When fishing near the Detroit River, please check the guidelines on page 67, too.

Rouge River - Upper & Main Branch

(upstream of the Ford Dam)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Rouge River - Middle Branch

(from the Ford Dam to the Nankin Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}

Rouge River - Middle Branch

(from the Nankin Dam upstream to the Newburgh Dam, includes Nankin Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}
Northern Pike	PCBs	Any	Limited [▲]
Rock Bass	PCBs & Mercury	Any	4
Suckers	PCBs	Any	1 ^{2x}

Rouge River - Middle Branch

(from Newburgh Dam to Phoenix Dam, includes Newburgh Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Catfish	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 18"	6 Per Year ^{2x}
	PCBs & Mercury	Over 18"	6 Per Year
Northern Pike	PCBs	Any	6 Per Year ^{2x}
Smallmouth Bass	PCBs	Under 18"	6 Per Year ^{2x}
	PCBs & Mercury	Over 18"	6 Per Year
Suckers	PCBs	Any	6 Per Year ^{2x}
All Other Species	PCBs	Any	6 Per Year ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! =



Wayne County (continued)

Rouge River - Middle Branch

(upstream of Phoenix Dam, includes Phoenix Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Carp	PCBs	Any	Limited [▲]
Northern Pike	PCBs & Mercury	Any	4
Suckers	PCBs	Any	4 ^{2x}
Sunfish	Mercury	Any	4

See which fish are safe to eat from Lake Erie on Page 16.

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! =



Southeast Michigan Lakes & Rivers

Don't see a certain lake or river listed?

For the guidelines to all other lakes and rivers in Southeast Michigan, please see page 9. To get an *ESF Guide* for another region, visit www.michigan.gov/eatsafefish or call 1-800-648-6942.

Bad River	52
Base Line Lake	32
Belleville Lake (Huron River)	68
Big Seven Lake	45
Bishop Lake.....	33
Black Creek	30
Black River	55
Blue Heron Lagoon (see: Lake Okonoka)	69
Cass Lake	45
Cass River (Saginaw Co.)	52
Cass River (Tuscola Co.).....	61
Cheboyganing Creek.....	53
Chenango Lake	33
Chippewa River.....	40
Clear Spring Lake	36
Clinton River	36
Clinton River	37
Clinton River	46
Croswell Impoundment.....	55
Crotched Lake.....	46
Detroit River	67
Detroit River	68
First Sister Lake.....	63
Flint River (Genesee Co.).....	24
Flint River (Saginaw Co.)	53
Ford Lake (Huron River)	66
Four Mile Lake	63
Genesee County (continued).....	25
Genesee County (continued).....	26
Heron Lake.....	46

Hoisington Lake 33

Holloway Reservoir..... 25

Huron River (Washtenaw Co.)..... 64

Huron River (Wayne Co.) 68

Kawkawlin River 21

Kearsley Creek & Reservoir 25

Kent Lake 46

Lake Adrian..... 30

Lake Erie 16

Lake Fenton 25

Lake Hudson 30

Lake Huron 18

Lake Minnewanna 29

Lake Muskoday (see: Lake Okonoka) 69

Lake Nepessing..... 29

Lake Okonoka 69

Lake Orion 47

Lake Ponemah 25

Lake St. Clair (Macomb Co.) 37

Lake St. Clair (St. Clair Co.) 58

Lake St. Clair (Wayne Co.) 69

Lake Tacoma (see: Lake Okonoka) 69

Lakeville Lake..... 47

Lange-Revere Canals 39

Les Cheneaux Island Area & Thunder Bay 19

Lobdell Lake..... 26

Loon Lake..... 47

Lower Trout Lake 48

Maceday Lake..... 48

Middle Straits Lake 48

Murphy Lake..... 62

N. Maumee Bay (Lake Erie) 17

N. Maumee Bay (Monroe Co.) 43

Nankin Lake (Rouge River) 71

Newburgh Lake (Rouge River) 71

Orchard Lake 48

Osmun Lake 49

Ottawa River..... 43

Otter/Sylvan Lakes..... 49

Paint Creek 49

Patterson Lake 34

Phoenix Lake (Rouge River)..... 72

Pine River (Midland Co.)	40
Pine River (St. Clair Co.)	59
Plum Creek	44
Pontiac Lake.....	49
Portage Lake (Livingston Co.).....	34
Portage Lake (Washtenaw Co.)	65
Proud Lake	50
River Raisin (Lenawee Co.)	31
River Raisin (Monroe Co.)	44
Rouge River (Oakland Co.)	50
Rouge River (Wayne Co.)	70
Saginaw Bay.....	19
Saginaw Bay (Bay Co.).....	21
Saginaw Bay (Huron Co.)	27
Saginaw Bay (Tuscola Co.).....	62
Saginaw River (Bay Co.)	22
Saginaw River (Saginaw Co.)	53
Saline Pond.....	65
Sand Lake.....	31
Sanford Lake	41
Schoolhouse Lake	50
Sebawaing River	28
Second Sister Lake	65
Shiawassee River (Livingston Co.).....	34
Shiawassee River (Oakland Co.)	50
Shiawassee River (Saginaw Co.)	54
Shiawassee River (Shiawassee Co.).....	56
Sloan Lake.....	34
South Lake	66
Squaw Lake.....	50
St. Clair River	59
Stony Creek Lake	39
Terry Lake	51
Thompson Lake	35
Thread Creek & Lake	26
Tipsico Lake	51
Tittabawassee River (Midland Co.)	41
Tittabawassee River (Saginaw Co.).....	54
Tobico Marsh	23
Tuscola County (continued).....	62
Union Lake.....	51
Walled Lake	51

Wamplers Lake 31
White Lake..... 51
Whitmore Lake (Livingston Co.)..... 35
Whitmore Lake (Washtenaw Co.) 66
Woodland Lake..... 35

What Are the Chemicals of Concern?

Chemicals that cause Michigan’s Eat Safe Fish guidelines are DDT, dioxins, mercury, PCBs, PFOS, selenium, and toxaphene. A lot of these chemicals were put into our environment before we knew the long-term problems these chemicals caused.

Even though many of these chemicals are no longer used, they still remain in our environment. These chemicals can travel through the air and be carried by rain run-off and storm drains into our lakes, rivers, and wetlands. Once these chemicals are in the water, they sink to the bottom and become a part of the fish food chain.

The U.S. Clean Water Act and U.S. Clean Air Act have cut back on a lot of this pollution. In fact, the amount of DDT, dioxins, PCBs, and toxaphene in our fish are slowly going down. However, mercury continues to be a worldwide problem and newer chemicals, like PFOS, may continue to be found in the environment for a long time.

Chemical of Concern	What is it?	Potential Health Problems
DDT (dichlorodiphenyl-trichloroethane)	<ul style="list-style-type: none"> • was one of the first modern insecticides • was banned in 1972 	<ul style="list-style-type: none"> • linked to the development of cancer • linked to the development of diabetes
Dioxins	<ul style="list-style-type: none"> • are not made on purpose • are created when chlorine chemicals are made or used • can be released when things that have chlorine in them - like paper or plastic - are burned • also can be released from old or poorly contained waste sites or intentional dumping 	<ul style="list-style-type: none"> • linked to the development of cancer • fertility can be harmed • thyroid function can be harmed

(continued on the next page)

Chemicals of Concern (continued from page 77)

Chemical of Concern	What is it?	Potential Health Problems
Mercury	<ul style="list-style-type: none"> • is a natural element • can be released from smokestacks of coal-fired power plants and other industry 	<ul style="list-style-type: none"> • brain development can be harmed in fetuses and children • heart function can be harmed in older adults • immune system can be harmed
PCBs (polychlorinated biphenyls)	<ul style="list-style-type: none"> • were used in electrical equipment - like transformers • were found in hydraulic oils 	<ul style="list-style-type: none"> • brain development can be harmed in fetuses and children • linked to the development of cancer • linked to the development of diabetes • immune system can be harmed
PFOS (perfluorooctane sulfonate)	<ul style="list-style-type: none"> • is used for waterproofing clothes, in fire-fighting foams, papers and packaging, cleaning products, and pesticides • is now rarely used in the United States 	<ul style="list-style-type: none"> • thyroid function can be harmed • brain development can be harmed in fetuses and children
Selenium	<ul style="list-style-type: none"> • is a natural element • is needed for your body to function, but too much is harmful • through mining activities, selenium-rich rock and water got into lakes and rivers 	<ul style="list-style-type: none"> • hair loss • loss of fingernails • fatigue • irritability • mild nerve damage
Toxaphene	<ul style="list-style-type: none"> • was an insecticide for cotton and vegetables and on livestock and poultry • was sometimes added to lakes to kill unwanted fish • was banned in 1990 	<ul style="list-style-type: none"> • immune system can be harmed

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Other Regional Eat Safe Fish Guides

Call 1-800-648-6942 or visit www.michigan.gov/eatsafefish to get a free copy of the *Eat Safe Fish Guides* for other regions in Michigan.

