

# WARNING! Fish Smart. Eat Safe.



**Fish from the Columbia Slough may be harmful to eat.**

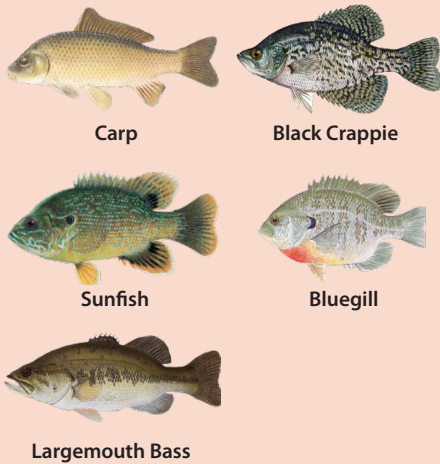
Fish is an excellent source of protein. However, fish in the Columbia Slough may be contaminated with chemicals such as polychlorinated biphenyls (PCBs) and pesticides. The Oregon Health Authority (OHA) recommends eating **only 1 fillet meal each month** for all fish caught in the Slough except for Large-scale sucker. The fish should be cleaned and gutted as shown on back.



## Which fish should I eat less?

Eat **only 1 fillet meal** each month for nearly all fish caught in the Slough, like the ones shown below.

**Fillet only**  
**1**  
**per month**



Eat **only 1 whole body meal** or **only 2 fillet** meals each month of Large-scale sucker.

## Who is most at risk?

- Women who may become pregnant
- Developing babies in the womb, nursing infants, and children under 6 years of age
- People who eat a lot of fish from the Slough



## What are the possible health risks from eating fish contaminated with PCBs and pesticides?

- Damage to early brain and nervous system development in children
- Harm to reproductive and immune systems
- Higher cancer risks

OHA updated the Columbia Slough Fish Advisory in December 2019.



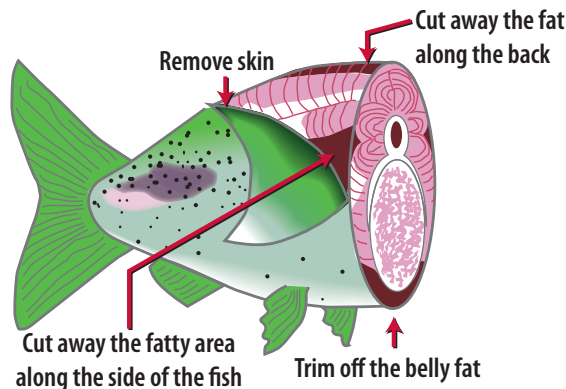
# Columbia Slough Fish Advisory

## How can I reduce my health risk?

- Eat only the recommended number of meals per month of fish from the Slough (like those shown in red box on front). A typical adult meal (8 ounces) is about the size and thickness of a person's hand or approximately the size of 2 decks of cards. Smaller adults and children should eat a smaller portion.
- If you eat fish from the Slough, eat smaller, younger fish.
- If you are given fish or buy fish not from a store, ask where the fish is from.

## When eating fish from the Slough, follow these steps:

- Cut off and throw away the head, skin, guts, back and belly fat. Contaminants are stored in these parts.
- Bake, broil, grill, or steam the fillets (without skin or fat) and allow the fat to drip off.
- Eat only fish fillets.
- Do not eat raw fish from the Slough.
- Do not eat or cook with the fat drippings.



## Is fish bought at the store safe to eat?

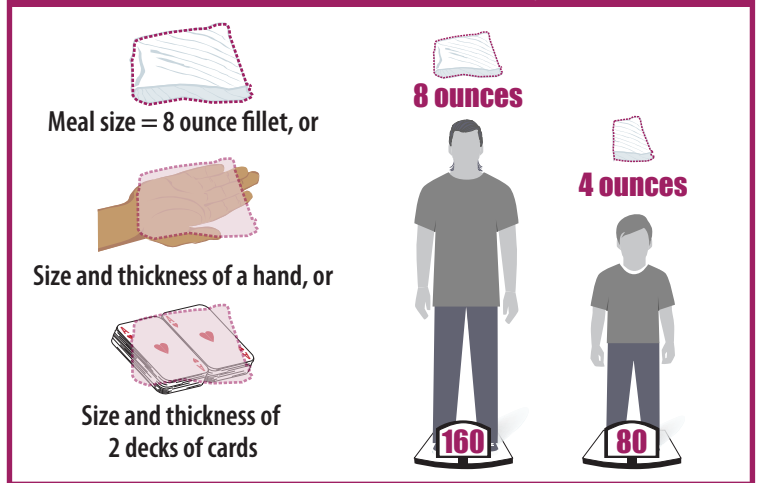
Check OHA's website at [www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv) for advice on how to reduce your exposure to mercury, PCBs, and other toxic chemicals in fish sold at stores.

## FOR MORE INFORMATION

Oregon Health Authority, Fish Advisories and Consumption Guidelines—[www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv)

City of Portland Bureau of Environmental Services Columbia Slough Fish Advisory—[www.portlandoregon.gov/bes/FishAdvisory](http://www.portlandoregon.gov/bes/FishAdvisory)

## Your meal size depends on your size



## Which fish should I eat more?

Eat fish like salmon and steelhead. These fish spend part of their lives in the ocean and have lower amounts of contaminants.

OK

## Are there safer places to fish?

Yes. Ocean-going fish may have fewer contaminants. Fishing in the Columbia, Clackamas, or Sandy rivers may reduce your risks. Before fishing in other areas, check for other fish advisories at [www.healthoregon.org/fishadv](http://www.healthoregon.org/fishadv).

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