

**NEWS RELEASE**  
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## Update to Utah Mercury Fish Consumption Advisory List

*New Waterway*

(Salt Lake City, UT) – One new location has been added to Utah’s Mercury Fish Consumption Advisory list. The advisory is being issued after state officials found elevated levels of mercury in fish tissue in this waterbody.

The new advisory includes:

Waterbody	Species	Number of Meals per Month		
		Women who are pregnant and children under 6 (4 ounce meals/month)	Women who may become pregnant and children 6-16 (8 ounce meals/month)	Everyone else (8 ounce meals/month)
Ken’s Lake (San Juan County)	Largemouth Bass	0	2	6

For a complete list of all Utah Mercury Fish Consumption Advisories please visit:  
[www.fishadvisories.utah.gov](http://www.fishadvisories.utah.gov).

An 8-ounce serving of fish is equivalent to the size of two decks of playing cards. According to an analysis completed by the Utah Department of Health, eating more than the amounts noted in the advisories, over a long period of time, could result in an intake of mercury that exceeds the U.S. Environmental Protection Agency health recommendations.

Mercury is a naturally-occurring element that can be transformed into methyl mercury, a toxic form found in some natural waters. Those most vulnerable to the effects of mercury toxicity include women who are pregnant or may become pregnant, nursing mothers, and young children. Chronic exposure to low concentrations of methyl mercury may result in neurological effects in the developing fetus and children.

Any health risks associated with eating fish from the fish advisory areas are based on long-term consumption and are not tied to eating fish occasionally. Eating fish remains an important part of a healthy diet. The American Heart Association recommends individuals eat at least two fish or seafood meals weekly.

There is no health risk associated with mercury in the water for other uses of the waterways, such as swimming, boating, and waterskiing.

After testing hundreds of water bodies, health officials have found that fewer than 10% of Utah's tested waters have fish with elevated levels of mercury in their tissue.

Not all water bodies have been tested, and further testing may result in additional advisories. Utah fish consumption advisories are issued in partnership between the Utah Department of Health, the Utah Department of Environmental Quality, and the Utah Department of Natural Resources.

For more detailed information, please visit the following website:

[www.fishadvisories.utah.gov](http://www.fishadvisories.utah.gov).

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#### **About DEQ**

Established in 1991, the Utah Department of Environmental Quality's (DEQ) mission is to safeguard and improve Utah's air, land and water through balanced regulation. DEQ implements state and federal environmental laws and works with individuals, community groups and businesses to protect the quality of Utah's air, land and water. For more information, visit [www.deq.utah.gov](http://www.deq.utah.gov), follow DEQ on Facebook ([utahdeq](#)) and Twitter ([UtahDEQ](#)), or call 1-800-458-0145.