

Electric Lake

Guide to eating fish safely



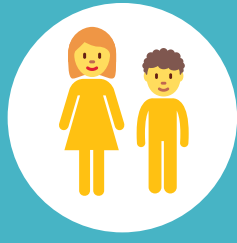
Adults*

Meal size
8 oz

6 Maximum
meals per
month

or

7 Maximum
meals per
month



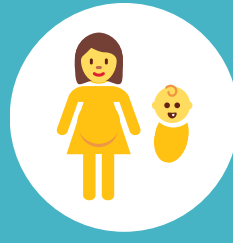
WCB** Children 6-16 yrs

Meal size
8 oz

2 Maximum
meals per
month

or

2 Maximum
meals per
month



Pregnant women Children <6 yrs

Meal size
4 oz

Do not eat

or

1 Maximum
meals per
month

Why is there a consumption advisory?

Some fish from Electric Lake have high levels of mercury in them making them unsafe to eat in large amounts. Mercury is a heavy metal that can harm your health. Pregnant women and children under six are especially vulnerable to harmful effects of mercury.

How can I reduce my risk?

You can't remove heavy metals like mercury by any cooking or cleaning methods. Instead, follow the monthly meal recommendations on the left to safely eat fish from Electric lake.

Cutthroat Trout



Tiger Trout



***Adults**—Men over 16 yrs.; Women over 50 yrs.
****WCB**—Women of childbearing age (16-50 yrs.)

Serving size

A serving of fish is about the size and thickness of your hand. Pregnant or breastfeeding women and children should have smaller servings.

For adults



8 ounces

For children and pregnant women



4 ounces

Contact info

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