

# Cottonwood Reservoir

## Guide to eating fish safely



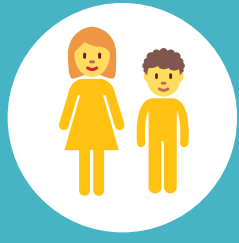
### Adults\*

Meal size  
8 oz

**7** Maximum  
meals per  
month

or

**8** Maximum  
meals per  
month



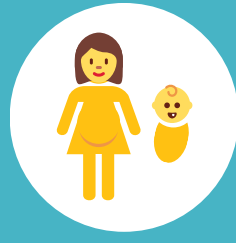
### WCB\*\* Children 6-16 yrs

Meal size  
8 oz

**2** Maximum  
meals per  
month

or

**2** Maximum  
meals per  
month



### Pregnant women Children <6 yrs

Meal size  
4 oz

**1** Maximum  
meals per  
month

or

**1** Maximum  
meals per  
month

## Why is there a consumption advisory?

Some fish from Cottonwood Reservoir 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.

### Black bullhead



### Wiper



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

## Serving size

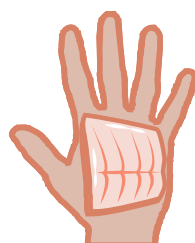
A serving of fish is about the size and thickness of your hand. Pregnant or breastfeeding women and children should have smaller servings.

### For adults



8 ounces

### For children and pregnant women



4 ounces

## Contact info

Health & Human Services: [EEP@utah.gov](mailto:EEP@utah.gov)  
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