

Water Body	Species	Limit your fish meals to:	Contaminants
All Waters in West Virginia except where listed in the Specific Consumption Advisories on pages 22 and 23.	Hybrid Striped Bass	1 meal a month	Mercury PCBs
	White Bass		
	Black Bass <i>(largemouth, smallmouth, spotted)</i>	2 meals a month	
	Channel Catfish greater than 17"		
	Flathead Catfish		
	Rock Bass		
	Walleye and Saugeye		
	Sauger		
	All Suckers		
	Channel Catfish less than 17"	1 meal a week	
	All Other Species		
	Rainbow Trout	No Limit	

How to Use this Advisory

Follow the advice presented in this brochure, noting the differences between the General Advisories for all West Virginia waters on this page and the Specific Advisories on pages 22-23. Find the meal advice for the fish you've caught. "Do Not Eat" means no one should eat those fish because of very high contamination. The other groups ("One Meal a Week", "Two Meals a Month", "One Meal a Month", and "Six Meals a Year") are advice for how often to eat a fish meal. The size of the fish meal depends on your body weight. To adjust serving sizes, follow the advice in the meal size table.

Women of childbearing age, children and people who regularly eat fish are particularly susceptible to contaminants that build up over time. If you fall into one of these categories, you should be especially careful to follow the meal sizes and space fish meals out according to the advisory tables.

Your body can get rid of some contaminants over time. Spacing the meals out helps prevent the contaminants from building up to harmful levels in the body. For example, if the fish you eat is in the "One Meal a Month Group", wait a month before eating another meal of fish from any restricted category. Occasionally eating fish in quantities slightly greater than the advisories recommend, such as during an annual fishing vacation, should not present a health hazard.



Meal Sizes	
A person weighing between	should eat no more than this amount per meal
pounds	ounces of precooked fish
20 or less	1.0
21-35	1.5
36-50	2.0
51-70	3.0
71-90	4.0
91-110	5.0
111-130	6.0
131-150	7.0
151 and over	8.0
Remember that 3.0 ounces of precooked fish is about the size of the palm of your hand or a deck of cards	
Remember that 1.5 ounces of precooked fish is about one-half the size of the palm of your hand or one-half the size of a deck of cards	

For Additional Information

The advisory listing was current at the time this summary went to press. Other fish consumption advisories may have been issued or lifted since that time. Notice of such actions is released to the public through press releases. For further information or the most current advice contact:

WVDHHR: (304) 558-2981 • www.wvdhhr.org/fish
WVDNR: (304) 558-2771 • www.wvdnr.gov
WVDEP: (304) 926-0495 • www.dep.wv.gov
USEPA: www.epa.gov/waterscience/fish

FISH 2014 WV Specific Consumption Advisories

Water Body	Species	Limit your fish meals to:	Contaminant(s)*
Bluestone River	Carp	1 meal a month	PCBs
Fish Creek	Smallmouth Bass, all sizes	1 meal a month	Mercury
Flat Fork Creek	Carp	Do not eat	PCBs
	Channel Catfish, all sizes		
	Suckers		
Kanawha River downstream of I-64 bridge in Dunbar including all backwaters, Armour Creek, Heizer Creek, Manila Creek, lower two miles Pocatalico River	Flathead Catfish, all sizes	Do not eat	Dioxin* Mercury PCBs
	Channel Catfish, all sizes		
	Carp		
	Hybrid Striped Bass		
	Suckers	1 meal a month	
All other species			
Little Kanawha and Hughes River	Sauger	1 meal a month	Mercury
Upper Mud and Mt. Storm lakes, and Pinnacle Creek	Follow Advisory Guidelines for WV Statewide Consumption on page 21.		Selenium**
R. D. Bailey Lake	Channel Catfish greater than 17"	6 meals a year	PCBs
Shenandoah River	Carp	Do not eat	Mercury PCBs*
	Smallmouth Bass	1 meal a month	Mercury
Summersville Lake	Flathead Catfish, all sizes	1 meal a month	Mercury
	Walleye	1 meal a month	
Sutton Lake	Black Bass, all sizes	1 meal a month	Mercury

* PCBs: Polychlorinated Biphenyls

** Measureable levels of Selenium were detected in fish samples from the listed water bodies. The levels measured would suggest advisories that are less restrictive or consistent with the statewide consumption advice in place for mercury and PCBs.

Note: Contaminant- Meal Limits are determined by the chemical with asterisk. Other chemicals, such as dioxin, (Hg) methyl mercury may have an advisory at a less restrictive level.

The protocol used to determine Ohio River fish consumption advisories (ORFCAP) is the product of the efforts of a multi-agency workgroup consisting of representatives from the six main stem states (Illinois, Indiana, Kentucky, Ohio, Pennsylvania, West Virginia) as well as the US EPA and the Ohio River Valley Water Sanitation Commission (ORSANCO) to develop consistent fish advisories along the Ohio River main stem. The online Ohio River advisory is available at: <http://216.68.102.178/comm/fishconsumption/default.asp>, please refer to the website for recent updates.

Ohio River Segment	Species	Limit your fish meals to:	Contaminant(s)*
Pennsylvania Border (East Liverpool) to Belleville Lock (Brooke, Hancock, Marshall, Ohio, Pleasants, Tyler, Wetzel and Wood counties)	Channel Catfish 18" and over	Do not eat	*PCBs
	Channel Catfish less than 18"	6 meals a year	
	Common Carp		
	Striped Bass Hybrid		
	White Bass		
	Black Crappie	1 meal a month	
	Flathead Catfish		
	Freshwater Drum 14" and over		
	Largemouth Bass		
	Sauger		
Saugeye			
Smallmouth Bass			
Smallmouth Buffalo			
Spotted Bass			
All Suckers			
Walleye			
White Crappie			
Belleville Lock to the Kentucky Border (Jackson, Mason, Cabell and Wayne counties)	Channel Catfish 18" and over	6 meals a year	*PCBs
	Channel Catfish less than 18"	1 meal a month	
	Common Carp		
	Flathead Catfish		
	Freshwater Drum 14" and over		
	Striped Bass		
	Striped Bass Hybrid		
	All Suckers		
White Bass			

*PCBs: Polychlorinated Biphenyls

Note: Contaminant- Meal Limits are determined by the chemical with asterisk. Other chemicals, such as dioxin, (Hg) methyl mercury may have an advisory at a less restrictive level.