

# WV Statewide Consumption Advisories **FISH**

| Water Body   | Species  | Limit your fish meals to: | Contaminants    |
|--|--|---------------------------|-----------------|
| <b>All Waters in West Virginia</b><br>except where listed in the Specific Consumption Advisories on pages 24 and 25. | White Bass   | 1 meal a month            | Mercury<br>PCBs |
|  | Black Bass<br><i>(largemouth, smallmouth, spotted)</i> | 2 meals a month           |                 |
|  | Channel Catfish greater than 17"                       |                           |                 |
|  | Flathead Catfish                                       |                           |                 |
|  | Hybrid Striped Bass                                    |                           |                 |
|  | Walleye, Sauger and Saugeye                            | 1 meal a week             |                 |
|  | Rock Bass  |                           |                 |
|  | Channel Catfish less than 17"                          |                           |                 |
|  | All Suckers  |                           |                 |
| All Other Species  | No Limit   |                           |                 |
| Rainbow Trout  |  |                           |                 |

## 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 24-25. 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 |
| <b>pounds</b>  | <b>ounces of precooked fish</b>              |
| 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](http://www.wvdhhr.org/fish)  
**WVDNR:** (304) 558-2771 • [www.wvdnr.gov](http://www.wvdnr.gov)  
**WVDEP:** (304) 926-0495 • [www.dep.wv.gov](http://www.dep.wv.gov)  
**USEPA:** [www.epa.gov/fish-tech](http://www.epa.gov/fish-tech)

# FISH 2018 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                                |                           |                            |
| <b>Kanawha River</b><br>downstream of I-64 bridge in Dunbar, down to Winfield Lock and Dam including all backwaters, Armour Creek, Heizer Creek, Manila Creek, lower two miles Pocatalico River. | Flathead Catfish, all sizes            | Do not eat                | Dioxin<br>Mercury<br>PCBs* |
|  | Channel Catfish, all sizes             |                           |                            |
|  | Carp                                   |                           |                            |
|  | Hybrid Striped Bass                    |                           |                            |
|  | Suckers                                |                           |                            |
|  | All other species                      | 1 meal a month            |                            |
| Little Kanawha and Hughes River  | Sauger                                 | 1 meal a month            | Mercury                    |
| R. D. Bailey Lake  | Channel Catfish greater than 17 inches | 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, greater than 12 inches     | 1 meal a month            | Mercury                    |

\*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.

# Ohio River Consumption Advisories **FISH**

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)* |
|---|---|---------------------------|-----------------|
| <b>Pennsylvania Border (East Liverpool) to Belleville Lock</b><br>(Brooke, Hancock, Marshall, Ohio, Pleasants, Tyler, Wetzel and Wood counties) | Channel Catfish 18 inches and greater   | Do not eat                | *PCBs           |
|   | Channel Catfish less than 18 inches<br>Common Carp<br>Striped Bass Hybrid<br>White Bass   | 6 meals a year            |                 |
|   | Black Crappie<br>Flathead Catfish<br>Freshwater Drum 14 inches and over<br>Largemouth Bass<br>Sauger<br>Saugeye<br>Smallmouth Bass<br>Smallmouth Buffalo<br>Spotted Bass<br>All Suckers<br>Walleye<br>White Crappie | 1 meal a month            |                 |
| <b>Belleville Lock to the Kentucky Border</b><br>(Jackson, Mason, Cabell and Wayne counties)  | Channel Catfish 18 inches and greater<br>Striped Hybrid Bass  | 6 meals a year            | *PCBs           |
|   | Channel Catfish less than 18 inches<br>Common Carp<br>Flathead Catfish<br>Freshwater Drum 14 inches and greater<br>Striped Bass<br>All Suckers<br>White Bass  | 1 meal a month            |                 |

\*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.