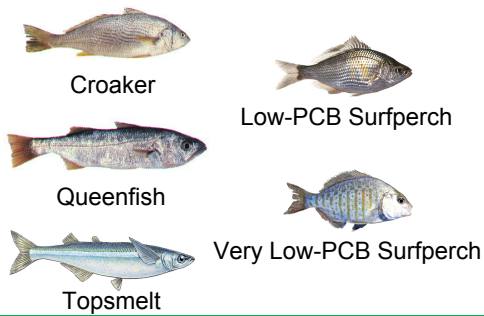


A Guide to Eating Fish from the California Coast

Advisory for Areas Without Site-specific Advice

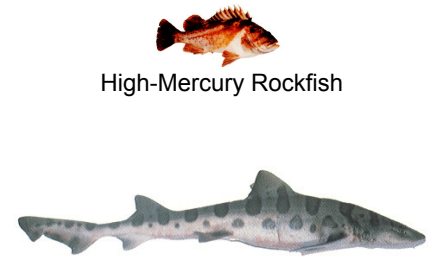
Women 18 - 45 years and Children 1 - 17 years



2 total servings a week



Small Flatfish



High-Mercury Rockfish

Sharks

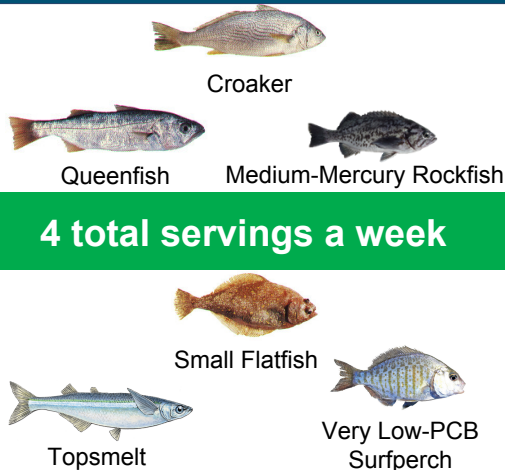
6 total servings a week

OR

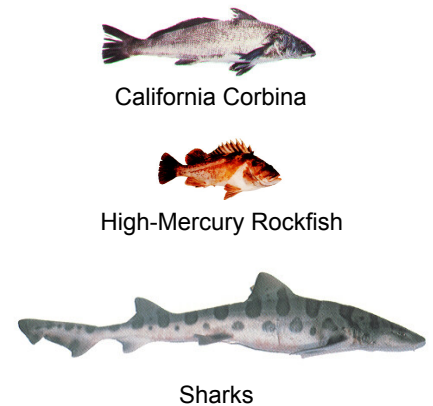
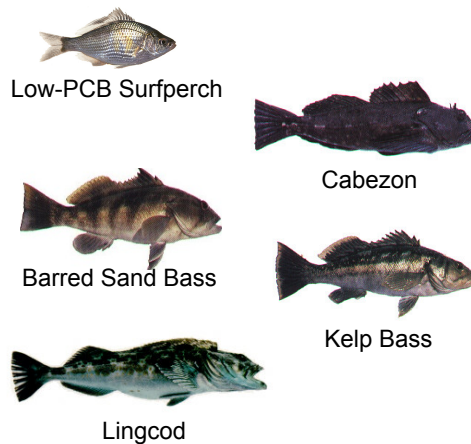
1 total serving a week

Do not eat

Women 46 years and older and Men 18 years and older



4 total servings a week



6 total servings a week

OR

2 total servings a week

OR

1 total serving a week

Croaker species include: White and Yellowfin
Small Flatfish species include: Diamond Turbot, Longfin Sanddab, Speckled Sanddab, Spotted Turbot

Medium-Mercury Rockfish species include: Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion
High-Mercury Rockfish species include: Black and Yellow, China, Copper and Gopher

Very Low-PCB Surfperch species include: Barred, Black, Pile, Rainbow, Spotfin, and White
Low-PCB Surfperch species include: Shiner, Silver, and Walleye

8 I BUT BTFSWOH?



' PS" EVMT ' PS\$! JN\$FO
" TFSWOHJT about U F TJ F BOE
U JLOFTT PGZPVS! BOE for fish fillets
(JF DI JN\$FO TN BWSTFSWOHT

♥ 8 I Z FBUGTI ?

&BUOH GTI JTHPPE QSZPVS! FBV.
' JTI I BW oN FHB TU BUDBO
SFEVDF ZPVSSITL QSI FBSJEJTFBTF
BOE JN QSPV I PX U F CSBJO
EFVWVWOT JO VOCPSO CBCJFT BOE
DI JN\$FO

Do not combine advice. If you eat 2 servings of fish from the "2 total servings per week group", do not eat any other fish that week from any source (caught or store bought).

8 I BUT U F DPODFS?

4PN F GTI I BW I JH NAWVMPG
N FSDV/SZ BOE 1C#T . FSDV/SZ DBO
I BSN U F CSBJO, eTOFDBVWJJO
VOCPSO CBCJFT BOE DI JN\$FO 1C#T
DBO DBVTF DBODFS