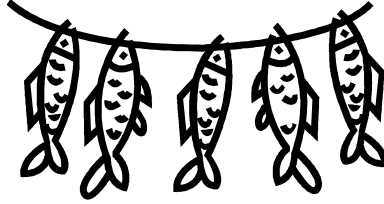


Fun to Catch!



But Safe to Eat??



Follow These Guidelines —

Freshwater fish in New Hampshire, except stocked trout, contain varying levels of mercury and pose a potential health risk. Please follow these consumption guidelines for **all freshwater fish** caught in New Hampshire, including **brook trout**, which may or may not be stocked.

Pregnant and nursing women, women who may become pregnant, and children under 7 can safely eat ONE serving of fish per MONTH. All other adults and children age 7 and older can safely eat FOUR servings of fish per MONTH. For **bass, perch or pickerel**, it is safer to eat fish that are less than 12" in length while following the above guidelines.

Stocked **rainbow** and **brown trout** contain relatively low levels of mercury, so women of childbearing age and children can safely eat ONE serving per WEEK; others can eat SIX servings per WEEK.

For the **waterbodies** identified below, which have shown to have higher than average mercury concentrations, **women of childbearing age and young children should not consume any fish**. Others may consume TWO servings per month.

- **Ashuelot Pond** and **May Pond**, Washington
- **Comerford** and **Moore reservoirs** on the Connecticut River
- **Crystal Lake**, Gilmanton
- **Dubes Pond**, Hooksett
- **Jackman Reservoir**, Hillsboro
- **Mascoma Lake**, Enfield
- **Tower Hill Pond**, Candia

In addition, NO fish should be consumed from the **Androscoggin River** from Berlin to the Maine border due to potential dioxin contamination.

Although these guidelines have been issued, the public is encouraged to continue eating fish as part of a healthy diet.

For more information —

NH Department of Environmental Services
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