

NEW FISH CONSUMPTION GUIDELINES FOR RAINBOW SMELT AND CARP CAUGHT ACROSS THE STATE

January 13, 2023 – District Health Department #10 (DHD#10) is announcing the Michigan Department of Health and Human Services (MDHHS) new Eat Safe Fish guidelines for both Rainbow Smelt and Carp from seven different lakes throughout the state.

On January 12, 2023, MDHHS released their newest Eat Safe Fish guidelines that recommend the limited consumption of locally caught rainbow smelt and carp due to the elevated levels of perfluorooctane sulfonate (PFOS) found in the smelt and elevated levels of polychlorinated biphenyls (PCBs) found in carp. Both PFOS and PCBs can take a very long time to break down in the environment and can build up in fish and in people who eat the affected fish.

“Fresh-caught fish can be a great way to eat healthy, but it’s important for folks to make sure they’re keeping track of the Eat Safe Fish guidelines to know where it is safe to fish, and which fish are safe to eat” stated Kevin Hughes, DHD#10 Health Officer.

The new Eat Safe Fish consumption guidelines for rainbow smelt are:

- Lake Huron: 6 servings per year
- Lake Michigan: 1 serving per month
- Portage Lake in Houghton County: 1 serving per month
- Gull Lake in Kalamazoo County: 2 servings per month
- Higgins Lake in Roscommon County: 4 servings per month

The new Eat Safe Fish consumption guidelines for carp are:

- Thompson Lake in Livingston County: Do Not Eat
 - This means everyone should avoid eating carp from Thompson Lake
- Earl Lake in Livingston County: Limited
 - This means individuals under age 15, those with health problems such as cancer or diabetes and those who might have children in the next several years, are pregnant or are breastfeeding should avoid eating carp from Earl Lake. All other individuals should limit their consumption of carp from Earl Lake to one or two servings per year

MDHHS is currently updating their Eat Safe Fish guide, and anglers can see what locations and fish are safe in their area by using the “Find Your Area” tool at <https://www.michigan.gov/eatsafefish>.

For more information on where to find, prepare, eat, or buy safe fish, please visit <https://www.michigan.gov/eatsafefish>.

###



MEDIA CONTACT

Nicholas Eckhart
Public Information Officer
O: 616-500-0246
C: 575-405-9082
E: neckhart@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10



[districthealthdept10](https://www.instagram.com/districthealthdept10)

