



DHD#10 ISSUES UPDATES TO MDHHS' EAT SAFE FISH GUIDES FOR 2023

August 11, 2023 – District Health Department #10 (DHD#10) is announcing an updated version of the Michigan Department of Health and Human Services' (MDHHS) Eat Safe Fish guides to help residents determine what is safe for people to eat.

The most common chemicals found in fresh fish are mercury and polychlorinated biphenyls (PCBs), as well as perfluorooctane sulfonate (PFOS) and per- and polyfluoroalkyl substances (PFAS). MDHHS develops their Eat Safe Fish guides based on test results from the Bureau of Laboratories and what is safe for consumption over the long term.

“Fresh-caught fish are a great way to eat healthy, and fishing is a hobby many of our residents enjoy, these Eat Safe Fish guides help folks keep track of where it’s safe fish and which fish are safe to eat,” stated Kevin Hughes, DHD#10 Health Officer.

The 2023 Eat Safe Fish guides include several new recommendations originally announced in January 2023 for certain locally caught smelt. The new smelt guidelines are based on elevated levels of PFOS found in the smelt.

The new *Eat Safe Fish* consumption guidelines for smelt are as follows:

- 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.**

MDHHS previously issued a guideline for smelt from Lake Superior in May 2022, recommending that no one eat more than **1 serving per month** of smelt from Lake Superior, due to elevated levels of PFOS. This guideline remains in effect.

MDHHS maintains and updates their Eat Safe Fish guides, 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>.

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