

## **Advisory for Women of Childbearing Age and Children under 15 years of Age**

The New York State Department of Health recommends those women of childbearing age and children under 15 years of age do not eat any of the following fish from Lake Champlain:

Lake trout over 25"  
Walleye over 19"

If from Plattsburgh Bay Cumberland Head to Crab Island:

Brown bullhead  
American eel and yellow perch

These fish may have high levels of PCBs or mercury. These chemicals may have a greater effect on developing organs in young children or in the fetus. They also build up in women's bodies and are often passed on in mother's milk. The complete advisory may be viewed at: <http://www.health.state.ny.us/nysdoh/fish/fish.htm>