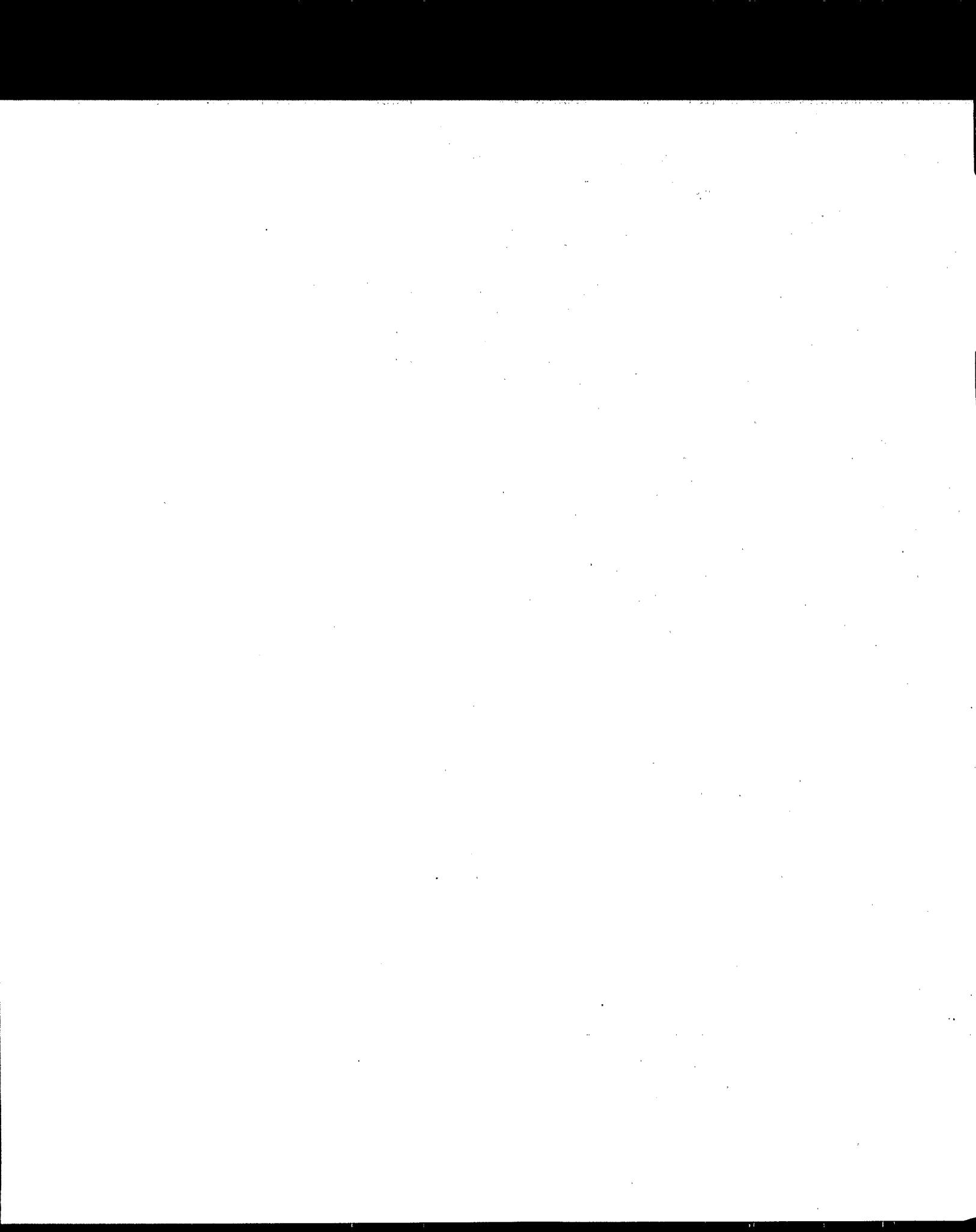


STEP 2: Are your patients at risk from eating fish?

- Fish are an important part of a healthy diet. However, chemicals in some fish may be hazardous to your patient's health.
Eating large amounts of fish containing chemical pollutants may cause birth defects, liver damage, and other serious health problems.
- To reduce their health risks from eating fish containing chemical pollutants, patients **should follow local advisories**, or, if there are none, the federal advice on the back of this card.



1. Advise pregnant women, those who may become pregnant, nursing mothers and young children **not to eat** shark, swordfish, king mackerel, or tilefish. (FDA)
2. Advise women of child-bearing age they **can safely eat** up to an average of 12 ounces a week of other types of cooked fish from a store or restaurant. (FDA)
3. Advise women of child-bearing age **not to eat** more than 6 ounces in a week of cooked fish, that are caught in local waters. (EPA)
4. Advise young children **not to eat** more than 2 ounces in a week of cooked fish that are caught in local waters. (EPA)

Additional guidance on the proper selection, cleaning and cooking of noncommercial fish is available in the brochure "Should I Eat the Fish I Catch?: A guide to healthy eating of fish you catch" from the U.S. EPA Internet site www.epa.gov/ost/fish or calling 1-800-490-9198 and requesting document number EPA 823-B-97-009.

EPA 823-F-01-013

