



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.

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