

The Michigan Department of Health and Human Services (MDHHS) has issued Eat Safe Fish guidelines for fish caught from Au Sable River and Van Etten Lake (Iosco County).

The Eat Safe Fish guidelines are set to be protective for everyone including children and pregnant and breastfeeding women. They are also set to be protective for people with existing health problems such as cancer or diabetes. For more information about eating safe fish, visit www.michigan.gov/eatsafefish.

Eat Safe Fish recommendations are provided as MI Servings. One MI Serving for adults is 6-8 ounces of fish (about the size of an adult's hand). For children, one MI Serving is 2-4 ounces of fish (about the size of an adult's palm).

The *Limited* MI Serving category is a special guideline used to describe fish that should only be eaten once or twice per year, at most, due to higher levels of chemicals. However, people who are under the age of 15, have health problems such as cancer or diabetes, are planning on having children in the next several years, or are breastfeeding, should avoid eating all fish listed as *Limited*. The ^{2x} indicates the number of MI Servings can be doubled when fat is cleaned away and the fish is cooked so more fat can drip away.

Au Sable River, downstream of the Foote Dam; including Van Etten Creek

Fish were collected from the Au Sable River downstream of Foote Dam in the summer of 2018. The Eat Safe Fish guideline for Au Sable River, downstream of the Foote Dam, Largemouth and Smallmouth Bass remains the same.

Type of Fish	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Bluegill	PFOS	Any	Do Not Eat
Brown Trout	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs	Any	Limited
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	Do Not Eat
Rainbow Trout	PCBs	Any	6 Per Year ^{2x}
Rock Bass	PFOS	Any	Do Not Eat
Smallmouth Bass	PFOS	Any	Do Not Eat
Steelhead	PCBs	Any	6 Per Year ^{2x}
Suckers	PFOS	Any	Do Not Eat
Sunfish	PFOS	Any	Do Not Eat
Walleye	Dioxins	Any	6 Per Year ^{2x}
All Other Species	PFOS	Any	Do Not Eat

Van Etten Lake

Fish were collected from Van Etten Lake in the summer of 2018. As a result, MDHHS issued the following recommendations for eating fish from Van Etten Lake. The guideline for walleye remains the same.

Type of Fish	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Black Crappie	Mercury & PFOS	Any	4
Largemouth Bass	Mercury & PFOS	Under 17"	2
	Mercury	Over 17"	1
Northern Pike	Mercury	Any	1
Smallmouth Bass	Mercury & PFOS	Under 17"	2
	Mercury	Over 17"	1
Walleye	Mercury	Any	1
White Crappie	Mercury & PFOS	Any	4

The following are existing guidelines for fish caught from the Van Etten Lake:

Type of Fish	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Catfish	PCBs	Any	Limited
Suckers	PFOS & Mercury	Under 14"	8
	Mercury	14" to 20"	4
		Over 20"	2