

## The Michigan Department of Health and Human Services (MDHHS) has issued Eat Safe Fish guidelines for fish caught from Freska and Versluis Lakes.

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](http://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).

### Freska Lake

Bluegill, sunfish, largemouth bass, and smallmouth bass filets were collected from Freska Lake in 2017. The filets were tested for PFAS, including PFOS, and mercury. PFOS and mercury was found in all the fish species. **As a result, MDHHS issued the following recommendations for eating fish from Freska Lake:**

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Bluegill	Mercury & PFOS	Any	2
Sunfish	Mercury & PFOS	Any	2
Largemouth and Smallmouth Bass	Mercury	Under 18"	2
Largemouth and Smallmouth Bass	Mercury	Over 18"	1

For other fish from Freska Lake, follow the [Statewide Safe Fish Guidelines](#).

### Versluis Lake

Northern pike were collected from Versluis Lake in 2017. The filets were tested for PFAS, including PFOS, and mercury. PFOS and mercury were found in the fish. **As a result, MDHHS issued the following recommendations for eating fish from Versluis Lake:**

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Northern Pike	Mercury	Under 30"	2
Northern Pike	Mercury	Over 30"	1

For other fish from Versluis Lake, follow the [Statewide Safe Fish Guidelines](#).

Additional fish species will be collected from Versluis Lake and tested for PFAS and mercury.