

# Making the *Eat Safe Fish Guide*

The Michigan Department of Health and Human Services (MDHHS) usually releases the annual update to the *Eat Safe Fish Guide* in the spring, but did you know our scientists are working year-round to make sure the information is as up-to-date as possible?



**1** The Michigan Department of Environment, Great Lakes, and Energy's (EGLE) Fish Contaminant Monitoring Program collects fish throughout Michigan each year to test for contaminants. This happens with help from EGLE's state, federal, and tribal partners. Sampling locations are chosen based on connections to known or suspected contamination sites and/or popular sport fishing areas.

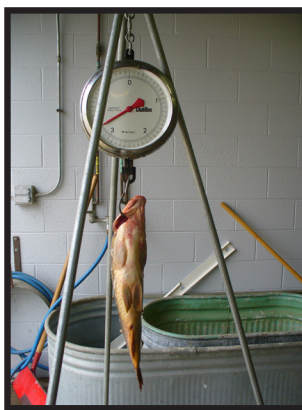
Each year, MDHHS submits requests to EGLE to collect certain kinds of fish from specific Michigan lakes and rivers. Members of the public can request EGLE to test fish for contaminants through Targeted Monitoring Requests.

**2** During the summer and fall, the fish are measured, weighed, and prepared by EGLE.

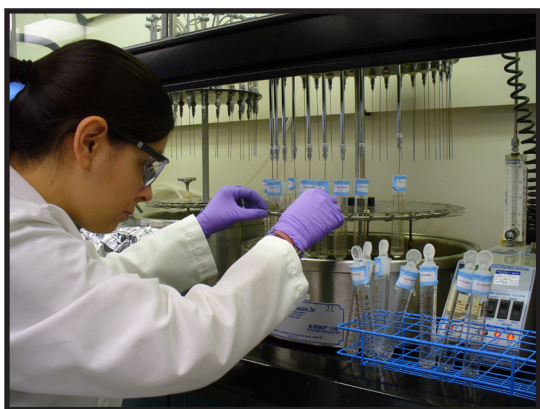
EGLE prepares fish samples based on what parts of the fish are eaten. Most fish are fileted since the filet is often the part that people eat.

The prepared samples are then sent to the MDHHS Laboratory for analysis.

Freezing and storing the fish does not affect the chemicals in the fish.







MICHIGAN DEPARTMENT OF ENVIRONMENTAL QUALITY  
FISH CONTAMINANT ANALYSIS MONITORING PROGRAM  
LABORATORY ANALYSIS REQUEST FORM

Req ID	Analysis	Species	Weight	Code	Waterbody
2011501-S07	Mercury & Organics	Yellow Perch	0.14	F	Lake St. Clair
2011501-S08	Mercury & Organics	Yellow Perch	0.24	F	Lake St. Clair
2011502-S10	Mercury & Organics	Yellow Perch	0.20	F	Lake St. Clair
2011502-S11	Mercury & Organics	Yellow Perch	0.20	F	Lake St. Clair
2011503-S17	Mercury & Organics	Yellow Perch	0.09	F	Lake St. Clair
2011503-S18	Mercury & Organics	Yellow Perch	0.08	F	Lake St. Clair
2011503-S19	Mercury & Organics	Yellow Perch	0.16	F	Lake St. Clair
2011504-S08	Mercury & Organics	Yellow Perch	0.30	F	Lake St. Clair
2011505-S15	Mercury & Organics	Yellow Perch	0.09	F	Lake St. Clair
2011505-S16	Mercury & Organics	Yellow Perch	0.14	F	Lake St. Clair
2011521-S10	Mercury & Organics	Yellow Perch	0.12	F	Lake St. Clair
2011521-S11	Mercury & Organics	Yellow Perch	0.14	F	Lake St. Clair
2011522-S16	Mercury & Organics	Yellow Perch	0.13	F	Lake St. Clair
2011522-S17	Mercury & Organics	Yellow Perch	0.18	F	Lake St. Clair
2011523-S12	Mercury & Organics	Yellow Perch	0.20	F	Lake St. Clair
2011523-S13	Mercury & Organics	Yellow Perch	0.20	F	Lake St. Clair
2011524-S12	Mercury & Organics	Yellow Perch	0.22	F	Lake St. Clair
2011524-S13	Mercury & Organics	Yellow Perch	0.22	F	Lake St. Clair
2011504-S09	Mercury & Organics	Walleye	0.70	F	Lake St. Clair
2011504-S10	Mercury & Organics	Walleye	0.88	F	Lake St. Clair
2011521-S12	Mercury & Organics	Walleye	1.74	F	Lake St. Clair
2011501-S01	Mercury & Organics	Bluegill	0.13	F	Lake St. Clair
2011502-S01	Mercury & Organics	Bluegill	0.14	F	Lake St. Clair
2011503-S07	Mercury & Organics	Bluegill	0.20	F	Lake St. Clair
2011504-S07	Mercury & Organics	Bluegill	0.20	F	Lake St. Clair
2011505-S01	Mercury & Organics	Pumpkinseed	0.20	F	Lake St. Clair
2011521-S01	Mercury & Organics	Bluegill	0.12	F	Lake St. Clair

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3 Once samples arrive in the laboratory, each individual fish sample is tested for chemicals.

The most common chemicals looked for in Michigan fish are mercury, dioxins, PCBs, and PFAS. But depending on where the fish is from, and what might be found in the area, MDHHS may look for other chemicals, too.

4 Throughout the year, EGLE aquatic biologists and MDHHS toxicologists review the test results. Annually, MDHHS updates the *Eat Safe Fish Guide* with new information and guidelines.

Since MDHHS can't test every kind of fish from every lake and river in the state every year, the guidelines for your favorite fishing spot won't necessarily change in every *Eat Safe Fish Guide*.

Most of the chemicals that MDHHS worries about are *persistent* and *bioaccumulative*. These kinds of chemicals stay in the environment for a while. Changes happen very slowly over time.

Even if the data are a few years old, the *Eat Safe Fish Guide* can still help you choose safer fish for you and your family to eat.

You can get the newest version of the *Eat Safe Fish Guide* online 24/7 at [Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish). Or, if you prefer, you can call and request a free print copy from MDHHS at 800-648-6942.

