

The Michigan Department of Health and Human Services (MDHHS) has issued updated Eat Safe Fish guidelines for fish caught from Lake Margrethe.

The Michigan Department of Health and Human Services (MDHHS) has issued Eat Safe Fish guidelines for fish caught from Lake Margrethe and the Au Sable River upstream of the Mio Dam. 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.

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).

Lake Margrethe

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

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
Bluegill	PFOS	Any	8
Sunfish	PFOS	Any	8
Largemouth and smallmouth bass	Mercury	Under 18"	2
		Over 18"	1

The following are existing guidelines for walleye caught from Lake Margrethe:

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
Walleye	Mercury	Under 20"	1
		Over 20"	6 per year

Au Sable River, Grayling to Mio

Brown trout were collected in 2017 from the Au Sable River upstream of the Mio Dam. The filets were tested for mercury, and PFAS, including PFOS. Mercury and PFOS were found in the fish. **As a result, MDHHS issued the following recommendations for eating brown trout from the Au Sable River upstream of the Mio Dam.**

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
Brown Trout	Mercury	Any	4

Follow the existing guidelines for northern pike caught from the Au Sable River upstream of the Mio Dam.

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

The MDHHS updates its Eat Safe Fish Guides annually in the spring. For current guidelines relating to PFAS contamination in fish, visit www.michigan.gov/pfasresponse. For more information about the Eat Safe Fish guidelines, visit www.michigan.gov/eatsafefish.

