

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

Although Lake St. Clair fish consumption guidelines have been in place since 1977 for mercury and PCBs, fish were only recently tested for PFOS. Bluegill, pumpkinseed, largemouth and smallmouth bass were collected from the Lake St. Clair in 2017 and analyzed in 2018 resulting in updated guidance.

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 guidelines 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 fish is cooked so more fat can drip away.

Below are the current Eat Safe Fish fish guidelines for Lake St. Clair. For all other fish taken from the lake, residents can follow the [Statewide Eat Safe Fish Guidelines](#).

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
Bluegill	PFOS	Any	4
Carp	PCBs	Any	Limited
Catfish	Dioxins	Any	Limited
Black Crappie	Mercury	Under 9" Over 9"	8 4
Freshwater Drum	PCBs and Mercury	Any	2
Largemouth and Smallmouth bass	PCBs and Mercury	Under 20" Over 20"	2 1
Muskellunge	Mercury	Any	Do Not Eat
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}
Sturgeon	PCBs	Any	Limited
Sunfish	PFOS	Any	4
Walleye	PCBs and Dioxins	Any	6 per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited
White Crappie	Mercury	Under 9" Over 9"	8 4
Yellow Perch	Mercury	Any	4

A special notice has been in place for a certain area of Lake St. Clair and the Lange-Revere Canals.

See the guidelines below for fish taken within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park and Veteran's Memorial Park and out into open water.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
Bluegill	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs	Any	Limited
Largemouth and Smallmouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs and Mercury	Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat
Sunfish	PCBs	Any	6 per Year ^{2x}
Walleye	PCBs and Dioxins	Any	6 per Year ^{2x}
Yellow Perch	PCBs	Any	2 ^{2x}
All Other Species	PCBs	Any	Limited

See the guidelines below for fish taken from the Lange-Revere Canals.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings Per Month
All Species	PCBs	Any	Do Not Eat

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.

