

Fish Consumption TOP
Page 10 of 2005
Fishing Reg.

Fish Consumption Advisory

The Montana Department of Public Health and Human Services has issued advisories for the consumption of fish from certain Montana waters. Fish from some Montana waters contain levels of chemicals that may be especially harmful to young children, nursing mothers, and childbearing women or persons frequently consuming fish. Information, advice and additional details about fish consumption is available from the Montana Department of Public Health and Human Services, Food and Consumer Safety Section, Helena, Montana, 59620; telephone (406) 444-5306 or on the internet. This information is also available in a brochure titled "Montana Sport Fish Consumption Guidelines" (PDF 1.5 MB) which can be obtained at any FWP office or license provider.

General Guidelines to Reduce Your Health Risk

Keep smaller fish for eating. They taste better and have had less time to accumulate contaminants than older, bigger fish.

Eat smaller meals when you eat big fish and eat them less often.

Eat fish that are less likely to be contaminated. Contaminants such as mercury and PCBs build up in large predatory fish such as walleye and lake trout. Their prey, such as yellow perch and rainbow trout, have less contaminants.

Clean and cook your fish properly. Trim fish to remove fatty portions. Cook fish in a way that drains juices away from the meat.

The Montana Department of Public Health and Human Services has issued advisories for the consumption of fish from certain Montana waters where testing has confirmed elevated levels of contaminants harmful to human health; however, most waters in the state have not been tested for contaminants.

- | | | |
|-------------------------------------|-----------------------------|--------------------------------|
| Big Spring Creek | Fort Peck Reservoir | Nelson Reservoir |
| Bighorn Lake | Fresno Reservoir | Park Lake (SW of Helena) |
| Bynum Reservoir | Georgetown Lake | Prickly Pear Creek |
| Canyon Ferry Reservoir | Hauser Reservoir | Seeley Lake |
| Clark Canyon Reservoir | Hebgen Reservoir | Silver Creek |
| Clear Lake (south of Alberton) | Holter Reservoir | Swan Lake |
| Cooney Reservoir | Island Lake (SE of Libby) | Tenmile Creek (near Helena) |
| Crystal Lake (east of Twin Bridges) | Lake Francis | Tiber Reservoir |
| | Lake Koocanusa | Tongue River Reservoir |
| Dailey Lake | Lake Mary Ronan | Upper Cold Lake (Mission Mtns) |
| Dry Fork of Belt Creek | Leigh Lake (South of Libby) | Whitefish Lake |
| Flathead Lake | Martinsdale Reservoir | Willow Creek Reservoir |
| | Milltown Reservoir | |

TOP

Disposal of Dead Fish and Fish Entrails

When you are in a boat on the water and fishing, it is acceptable to dispose of 
When you are near or on the shore or bank, it is recommended that you bag all 
appropriate garbage receptacle. Help keep the shoreline clean for others. It is unlawful to discard game fish, however dead non-game fish may be treated like fish entrails for disposal purposes (puncture the bladder first so the fish will sink).

TOP