

Know Before You Go!

Which fish should I eat?

Safe to Eat

Coho Salmon



Shad



Steelhead



Limited

Crappie*



Crayfish*



Mussels*



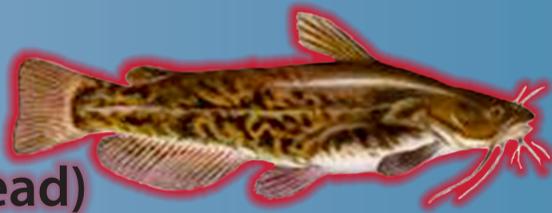
Some fish that live their whole life in the Lower Willamette River near downtown Portland contain dangerous contaminants.

Don't Eat

Bass



Catfish
(Brown Bullhead)



Carp



Clams*



Eating these fish can damage children's brain development, cause lifelong learning disabilities, disrupt hormone and immune systems, and increase the lifelong risk of cancer.

Know where your freshwater fish is from!

* There are Tribal rights to harvest mussels. Otherwise, harvesting of mussels and clams is not allowed. Monthly limits for crappie-2, crayfish-2, and mussels-7.

For more information, contact:

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Oregon Health Authority Statewide Fish and Shellfish Advisories - www.healthoregon.org/fishadv