

FISH CONSUMPTION ADVISORY

Cheyenne River Sioux Tribe is concerned about the levels of mercury found in the fish of the Cheyenne, Moreau, Lake Oahe, especially when those fish are consumed in large quantities, eaten by children, elderly and women of childbearing age. The Cheyenne River Sioux Tribe is issuing an advisory on the consumption of fish taken from these waters, based on samples taken by the Environmental Protection Agency and the Cheyenne River Sioux Tribe.

IF YOU DO FISH HERE REDUCE YOUR HEALTH RISK BY:

- **DO NOT KEEP AND EAT LARGE, OLDER FISH** (greater than 4 pounds) Keep smaller fish for eating. In addition to tasting better, younger, smaller fish have had less time to accumulate contaminants than older, larger fish. Selecting smaller fish for consumption reduces risk to your health.
- Eat smaller meals when you eat big fish and eat them less often. Freeze part of your catch to space the meals out over time.
- Eat those that are less contaminated. Substitute a few panfish meals for the walleye and catfish you might otherwise eat. Contaminates build up in large predatory fish. Their prey, such as perch, have less contaminates. **LIMIT THE AMOUNT OF SMALLER FISH EATEN** to one 8-ounce meal per week.
- **High-risk individuals' such as young children, nursing mothers, elderly and childbearing women are at greatest risk of adverse health effects. Such people should be especially concerned about fish eating habits. PREGNANT WOMEN AND CHILDREN LESS THAN 6 YEARS OF AGE SHOULD NOT EAT FISH CAUGHT HERE**

FOR ADDITIONAL INFORMATION OR QUESTIONS PLEASE CALL THE CRST ENVIRONMENTAL PROTECTION DEPARTMENT AT 964-6568 OR THE CRST GAME, FISH AND PARKS AT 964-7812.

WARNING!

The Cheyenne River Sioux Tribe is advising that children (6 years and younger), women of childbearing age and the elderly (65 years and older) should not consume any fish from the Cheyenne River, Moreau River and Lake Oahe until further notice.

People that are not in the above categories should minimize consumption of fish to no more than 16 ounces per month. If you have any questions, please call the CRST Environmental Protection Department at (605) 964-6568 or the CRST Game, Fish and Parks Program at (605) 964-7812.