

Catch the Latest Advice

[health.ny.gov/fish](http://health.ny.gov/fish)

# St. Lawrence Valley Region

Health Advice on Eating Fish You Catch



**Advice by Fish!**

**Don't Skip *How to Use this Guide* on page 2.**

Including Jefferson and Oswego counties and parts of Clinton, Franklin, and St. Lawrence counties.

Fishing is a fun, healthy activity for the whole family and fish are a great choice for a healthy diet. However, some fish contain chemicals at levels that can be harmful. This guide can help you make healthier choices about eating the fish you catch. There is different advice based on who you are, where you fish, what you catch, and how much fish you eat.

## How to Use This Guide







### By Fish:







- 1 Catch a fish!
- 2 Check that you are not fishing from a "Don't Eat" water (page 4).
- 3 Using the "Advice by Fish" below, find the advice for your fish.

### By Water:


- 1 Double-check the "Don't Eat" waters (page 4).
- 2 Check for specific advisories by water using the list on page 29.
- 3 If the water or fish isn't listed, follow the statewide advice on page 28.

## Advice by Fish

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Don't see your fish?



## “Don’t Eat” Waters



These waters have been more affected by industrial contamination than others. While they can be fun places to fish, no one should eat fish from them.



General Population



Sensitive Population

Waterbody	Fish	General Population	Sensitive Population
Grasse River, mouth to Massena Power Canal (St. Lawrence)			
St. Lawrence River, from Seaway International Bridge (Including Turtle Creek Cove) downstream to north end of Raquette Point (Navigation Light Number 11) (St. Lawrence)	All Fish	DON'T EAT	DON'T EAT

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



## Understanding the Advice

### Who you are



People who can become pregnant (under age 50) and children under age 15 should eat less fish. They are the **Sensitive Population** in our advice tables.

Chemicals in fish can have a greater effect on childhood development and babies. Many of these chemicals can stay in the body for decades. People who eat highly contaminated fish and become pregnant may be at a higher risk of having children who are slower to develop and learn. Some chemicals also can be passed on to a child in breast milk.



Everyone else may have fewer health risks from eating fish. They are the **General Population** in our advice tables.

### What you catch



Each fish has specific advice for how much to eat. Some fish species have higher levels of chemicals than others, even if they are caught in the same waters. Smaller fish usually have lower levels of mercury and polychlorinated biphenyls (PCBs) than larger, older fish of the same species.

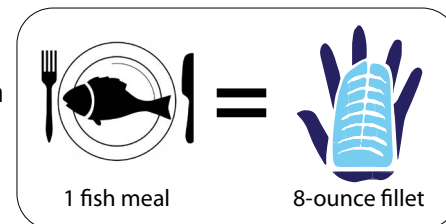
### Where you fish



This guide can help you choose better waters if you are eating the fish you catch. Some waters have higher levels of chemicals than others due to industrial and commercial sources of pollution.

### How much you eat

If you eat an 8-ounce serving of fish every week, you can reduce health risks by carefully following our health advice.




To learn more about chemicals commonly found in fish and how advisories are set, visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish).



## American eel



Waterbody	General Population	Sensitive Population
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch (Clinton)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month



## Bluegill




Waterbody	General Population	Sensitive Population
Lake Champlain, whole lake (multiple counties)	4 meals/month	1 meal/month
Lake Ontario (multiple counties)		
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Salmon River, mouth to Salmon River Reservoir*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month

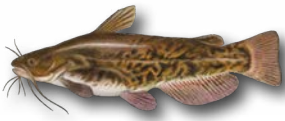
\*Same advice as Lake Ontario

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.




The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

 Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



## Brown bullhead




Waterbody	General Population	Sensitive Population
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)	4 meals/month	4 meal/month
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month



## Carp



Waterbody	General Population	Sensitive Population
Massena Power Canal (St. Lawrence)	4 meals/month	DON'T EAT
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	1 meal/month	DON'T EAT
Lake Ontario (multiple counties)		
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Salmon River, mouth to Salmon River Reservoir*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month

\*Same advice as Lake Ontario

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.




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## Chain pickerel



Waterbody	General Population	Sensitive Population
Kelsey Creek (Jefferson)	1 meal/month	Greater than 20"; DON'T EAT Less than 20"; 1 meal/month
Black River, Carthage State Dam to Herrings Dam (Jefferson)	Greater than 20"; 1 meal/month Less than 20"; 4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Lake Champlain, whole lake (multiple counties)	1 meal/month	DON'T EAT
<b>All Other Waters</b> 	Greater than 20"; 1 meal/month Less than 20"; 4 meals/month	1 meal/month

## Advice by fish




Channel catfish




White perch



Waterbody	General Population	Sensitive Population
Lake Champlain, whole lake (multiple counties)	4 meals/month	1 meal/month
Black River, Carthage State Dam to Herrings Dam (Jefferson)	1 meal/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	1 meal/month	1 meal/month

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.

 Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.




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## Largemouth bass




Waterbody	General Population	Sensitive Population
Black River, Carthage State Dam to Herrings Dam (Jefferson)	Greater than 15", 1 meal/month;	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)	Less than 15", 4 meals/month	
Lake Champlain, whole lake (multiple counties)	1 meal/month	DON'T EAT
Salmon River Reservoir (Oswego)	Greater than 15", DON'T EAT; Less than 15", 1 meal/month	DON'T EAT
<b>All Other Waters</b> 	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	1 meal/month



## Northern pike



Waterbody	General Population	Sensitive Population
Black River, Carthage State Dam to Herrings Dam (Jefferson)	Greater than 26", 1 meal/month;	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)	Less than 26", 4 meals/month	
Lake Champlain, whole lake (multiple counties)	1 meal/month	DON'T EAT
<b>All Other Waters</b> 	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	Greater than 26", DON'T EAT; Less than 26", 1 meal/month

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



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## Pumpkinseed/sunfish




Waterbody	General Population	Sensitive Population
Black River, downstream of Herrings Dam (Jefferson)	4 meals/month	1 meal/month
Lake Champlain, whole lake (multiple counties)		
Lake Ontario (multiple counties)		
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Salmon River, mouth to Salmon River Reservoir*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month

\*Same advice as Lake Ontario.



## Rock bass



Waterbody	General Population	Sensitive Population
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Lake Champlain, whole lake (multiple counties)	1 meal/month	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



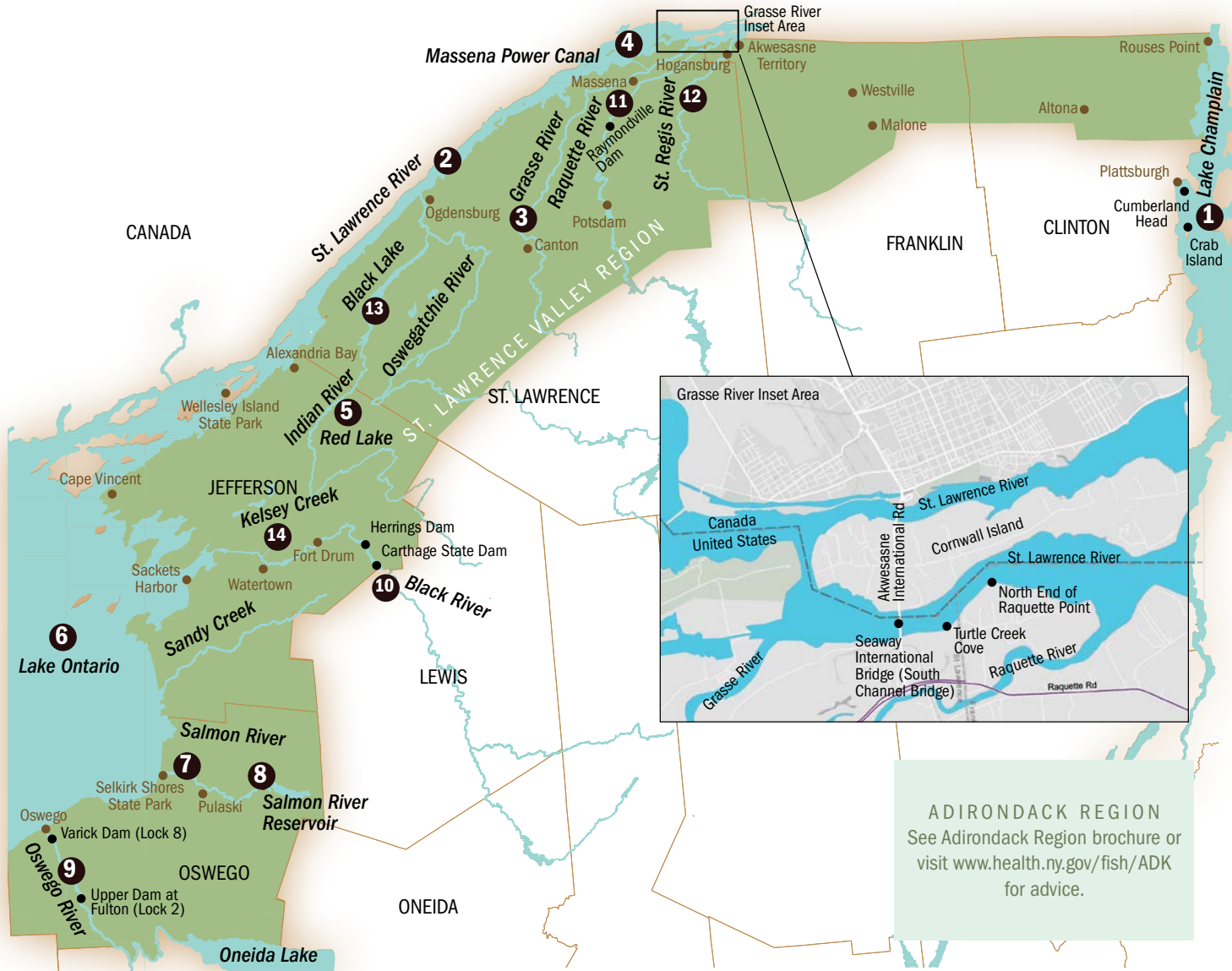
The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



# St. Lawrence Waters with Specific Advice



## KEY

Lake Champlain	1
St. Lawrence River	2
Grasse River	3
Massena Power Canal	4
Red Lake	5
Lake Ontario	6
Salmon River	7
Salmon River Reservoir	8
Oswego River	9
Black River	10
Raquette River, downstream of Raymondville Dam	11
St. Regis River	12
Black Lake	13
Kelsey Creek	14

### What about tributaries and connected waters?

The specific advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish when they move from one waterbody to another.



## Smallmouth bass



### General Population



### Sensitive Population

Waterbody	General Population	Sensitive Population
Lake Ontario (multiple counties)	4 meals/month	1 meal/month
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	1 meal/month	DON'T EAT
Lake Champlain, whole lake (multiple counties)		
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Salmon River, mouth to Salmon River Reservoir (Oswego)		
Salmon River Reservoir (Oswego)		
<b>All Other Waters</b> 		

\*Same advice as Lake Ontario.

## Advice by fish



Brook Trout




White sucker



### General Population



### Sensitive Population

Waterbody	General Population	Sensitive Population
Lake Champlain, whole lake (multiple counties)	4 meals/month	1 meal/month
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month

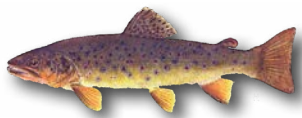
The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



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Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



## Brown trout



Waterbody	General Population	Sensitive Population
Lake Champlain, whole lake (multiple counties)	4 meals/month	1 meal/month
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Lake Ontario (multiple counties)	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Salmon River, mouth to Salmon River Reservoir (Oswego)*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month

\*Same advice as Lake Ontario.



## Lake trout



Waterbody	General Population	Sensitive Population
Lake Ontario (multiple counties)	Greater than 25"; 1 meal/month Less than 25"; 4 meals/month	1 meal/month
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Salmon River, mouth to Salmon River Reservoir (Oswego)*		
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)		
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Lake Champlain, whole lake (multiple counties)	1 meal/month	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



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Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



## Rainbow trout



Waterbody	General Population	Sensitive Population
Lake Champlain, whole lake (multiple counties)	4 meals/month	1 meal/month
Lake Ontario (multiple counties)		
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Raquette River, downstream of Raymondville Dam (St. Lawrence)		
Salmon River, mouth to Salmon River Reservoir (Oswego)*		
Black River, Carthage State Dam to Herrings Dam (Jefferson)		
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month

\*Same advice as Lake Ontario.


The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.

## Yellow perch



Waterbody	General Population	Sensitive Population
Black Lake (St. Lawrence)	Greater than 10", 1 meal/month; Less than 10", 4 meals/month	1 meal/month
Black River, downstream of Herrings Dam (Jefferson)		
Grasse River, upstream of Massena Power Canal (St. Lawrence)		
Kelsey Creek (Jefferson)		
Red Lake (Jefferson)		
Salmon River Reservoir (Oswego)		
St. Regis River (St. Lawrence)		
Lake Champlain, whole lake excluding area below (multiple counties)	Greater than 10", 1 meal/month; Less than 10", 4 meals/month	Greater than 10", DON'T EAT; Less than 10", 1 meal/month
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch (Clinton)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.




# Walleye



Waterbody	General Population	Sensitive Population
St. Lawrence River, whole river, excluding area listed in "Don't Eat" waters (multiple counties)	4 meals/month	1 meal/month
Lake Ontario (multiple counties)	1 meal/month	1 meal/month
Oswego River, mouth to Varick Dam at Oswego (Lock #8)*		
Salmon River, mouth to Salmon River Reservoir (Oswego)*		
Grasse River, upstream of Massena Power Canal (St. Lawrence)	1 meal/month	Greater than 19", DON'T EAT; Less than 19", 1 meal/month
Black River, Carthage State Dam to Herrings Dam (Jefferson)	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		

\*Same advice as Lake Ontario.



Waterbody	General Population	Sensitive Population
Black Lake (St. Lawrence)	1 meal/month	DON'T EAT
Lake Champlain, whole lake (multiple counties)	Greater than 19", DON'T EAT; Less than 19", 1 meal/month	DON'T EAT
<b>All Other Waters</b> 	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	Greater than 19", DON'T EAT; Less than 19", 1 meal/month

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.

## All Other Fish



Alewife



Atlantic salmon



Black crappie



Burbot



Chinook salmon



Coho salmon



Greater redhorse



Tiger muskellunge




Muskellunge



and all other fish not listed



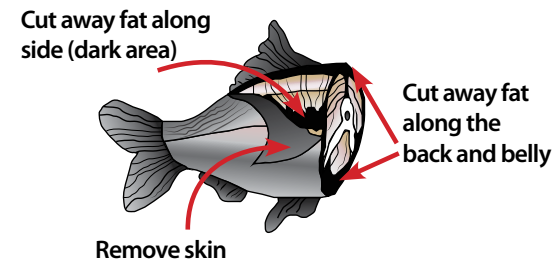
Waterbody	General Population	Sensitive Population
Black River, Carthage State Dam to Herrings Dam (Jefferson)	4 meals/month	DON'T EAT
Massena Power Canal (St. Lawrence)		
Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

## Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the Sensitive Population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:



- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- Trimming and skinning will not reduce the amount of mercury in a fish meal.
- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.




















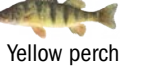










**For more tips and healthy fish recipes visit**  
[www.health.ny.gov/fish/tips.htm](http://www.health.ny.gov/fish/tips.htm)



Don't eat any fish from Grasse River, mouth to Massena Power Canal, and St. Lawrence, Seaway International Bridge area. See page 4.



## Statewide Advice

 General Population	This advice is already incorporated into the “by fish” pages (6-26). When fishing from waters without specific advisories, choose from Best Choice and Good Choice fish to get the most benefits from eating locally caught fish.	 Sensitive Population
<b>4</b> meals a month	<p style="text-align: center;"><b>*Best Choice Fish*</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                       Brook trout                 </div> <div style="text-align: center;">                       Brown trout less than 20"                 </div> <div style="text-align: center;">                       Rainbow trout                 </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                       Bluegill                 </div> <div style="text-align: center;">                       Pumpkinseed/ Sunfish                 </div> <div style="text-align: center;">                       White sucker                 </div> <div style="text-align: center;">                       Yellow perch less than 10"                 </div> </div>	<b>4</b> meals a month
<b>4</b> meals a month	<p style="text-align: center;"><b>Good Choice</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                       Black crappie                 </div> <div style="text-align: center;">                       Brown trout greater than 20"                 </div> <div style="text-align: center;">                       Bullhead                 </div> <div style="text-align: center;">                       Chain pickerel less than 20"                 </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                       Carp                 </div> <div style="text-align: center;">                       Lake trout                 </div> <div style="text-align: center;">                       Largemouth bass less than 15"                 </div> <div style="text-align: center;">                       Northern pike less than 26"                 </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                       Rock bass                 </div> <div style="text-align: center;">                       Walleye less than 19"                 </div> <div style="text-align: center;">                       Yellow perch greater than 10"                 </div> <div style="text-align: center;">                       any fish not listed                 </div> </div>	<b>1</b> meal a month
<b>1</b> meal a month	<p style="text-align: center;"><b>Eat Less</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                       Chain pickerel greater than 20"                 </div> <div style="text-align: center;">                       Channel catfish                 </div> <div style="text-align: center;">                       Freshwater drum                 </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                       Largemouth bass greater than 15"                 </div> <div style="text-align: center;">                       Smallmouth bass less than 15"                 </div> <div style="text-align: center;">                       White perch                 </div> </div>	<b>1</b> meal a month
<b>1</b> meal a month	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                       Northern pike greater than 26"                 </div> <div style="text-align: center;">                       Smallmouth bass greater than 15"                 </div> <div style="text-align: center;">                       Walleye greater than 19"                 </div> </div>	<b>0</b> DON'T EAT

## Alphabetical Listing of Specific Advisory Waters

Use this list to find out if your waterbody has a specific advisory. The more page numbers listed, the more advisories that water has.


Specific Advisory Water (County)	Page	Specific Advisory Water (County)	Page
Black Lake (St. Lawrence)	23, 25	Oswego River, mouth to Varick Dam at Oswego (Lock #8)	7, 9, 14, 18, 20-22, 24
Black River, Carthage State Dam to Herrings Dam (Jefferson) <sup>1</sup>	6-15, 18-24, 26	Oswego River, Varick Dam at Oswego (Lock #8) to Upper Dam at Fulton (Lock #2) (Oswego) <sup>1</sup>	6-15, 18-24, 26
Black River, downstream of Herrings Dam (Jefferson)	14, 23	Raquette River, downstream of Raymondville Dam (St. Lawrence)	7, 9, 14, 19-20, 22
Grasse River, mouth to Massena Power Canal (St. Lawrence)	4	Red Lake (Jefferson)	23
Grasse River, upstream of Massena Power Canal (St. Lawrence)	23-24	Salmon River Reservoir (Oswego)	12, 18, 23
Kelsey Creek (Jefferson)	10, 23	Salmon River, mouth to Salmon River Reservoir (Oswego)	7, 9, 14, 18, 20-22, 24
Lake Champlain, bay within Cumberland Head Southwest to Peru Boat Launch (Clinton)	6, 23	St. Lawrence River, whole river, excluding area listed in “Don’t Eat” waters (Franklin, Jefferson, St. Lawrence)	7-9, 14, 18, 20-21, 24
Lake Champlain, whole lake (multiple counties)	7, 10-15, 18-23, 25	St. Lawrence, from South Channel Bridge (Including Turtle Creek Cove) downstream to north end of Raquette Point (Navigation Light Number 11) (St. Lawrence)	4
Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	7, 9, 14, 18, 20-22, 24	St. Regis River (St. Lawrence)	23
Massena Power Canal (St. Lawrence) <sup>1</sup>	6-15, 18-24, 26		

<sup>1</sup> For other fish not listed from these waters, follow the advice on page 26.



**All Other Waters**

Follow the statewide advisory on p. 28



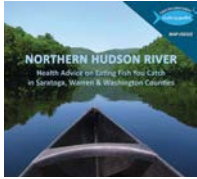
**STOP**

Don't eat waters are listed in red. See page 4.



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

## Other Free Publications Available:



### Northern Hudson River Advice

Advice for North of Corinth to Hudson Falls



### Hudson Valley Advice

Advice for Albany, Columbia, Dutchess, Greene, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Ulster, Washington, and Westchester counties



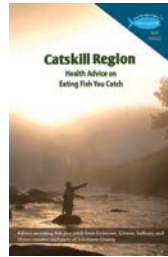
### Hudson River Advice

Advice from Hudson Falls to New York City Battery



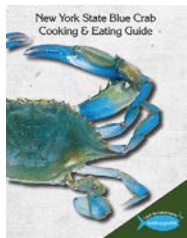
### Adirondack Region Advice

Advice for Clinton, Essex, Franklin, Fulton, Hamilton, Herkimer, Lewis, Saratoga, St. Lawrence, Warren, and Washington counties



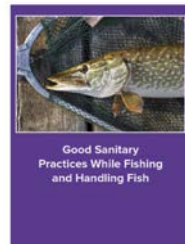
### Catskill Region Advice

Advice for Delaware, Greene, Sullivan and Ulster counties



### New York State Blue Crab Cooking and Eating Guide

Blue crab advice for the Hudson River, New York City and Long Island



### Good Sanitary Practices While Fishing and Handling Fish

Information about fishing and cooking fish caught in waters with microorganism concerns

View and order publications online: [www.health.ny.gov/fish/publications.htm](http://www.health.ny.gov/fish/publications.htm)

## Fish from Stores and Restaurants



The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) offer this advice. Pregnant and breastfeeding people, people who may become pregnant, and young children, avoid these

fish: shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) or [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice) for more information.

## More Information

### New York State Fish Advisories

Department of Health  
[www.health.ny.gov/fish](http://www.health.ny.gov/fish)  
(518) 402-7800  
(800) 458-1158  
[BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

### New York State Fishing

Department of Environmental  
Conservation (DEC)  
[dec.ny.gov/things-to-do/  
freshwater-fishing](http://dec.ny.gov/things-to-do/freshwater-fishing)

### DEC Region 5

(Clinton and Franklin counties)

Raybrook Office  
(518) 897-1200  
[fwfish5@dec.ny.gov](mailto:fwfish5@dec.ny.gov)

### New York State Fishing, cont.

#### DEC Region 6

(Jefferson and St. Lawrence  
counties)

Watertown Office  
(315) 785-2263  
[fwfish6@dec.ny.gov](mailto:fwfish6@dec.ny.gov)

#### DEC Region 7

(Oswego county)

Cortland Sub-Office  
(607) 753-3095  
[fwfish7@dec.ny.gov](mailto:fwfish7@dec.ny.gov)

The DEC fishing website listed above has a wealth of resources to help you find publicly accessible fishing sites, boat launches, what fish are found in different waterbodies, and fishing license information.