

Catch the Latest Advice

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# Hudson Valley Region

Konsèy Sante sou Konsomasyon Pwason Ou Peche



**Rekòmandasyon  
selon Pwason an!**

**Pa Sote Pati *Kijan pou*  
*Sèvi avèk Gid Sa a*  
ki nan paj 2.**

Ladan w ap jwenn konte Albany, Columbia, Dutchess, Orange, Putnam, Rensselaer, Rockland, Schenectady, ak Westchester, ak kèk pati nan konte Greene, Saratoga, Sullivan, Ulster, ak Washington.

Lapèch se yon aktivite ki amizan epi ki bon pou tout fanmi an epi pwason se yon trè bon chwa nan kad yon rejim alimantè ki bon pou sante. Sepandan, gen kèk pwason tou ki gen pwodwi chimik ki nan yon nivo ki kapab danjere. Gid sa a kapab ede w fè chwa ki pi bon pou sante lè w ap manje pwason ou peche. Gen diferan rekòmasyon selon moun ou ye a, kote w peche, kisa w peche ak kantite pwason ou manje.

## Kijan pou Sèvi avèk Gid Sa a







### Selon Pwason an







- 1 Peche yon pwason!
- 2 Verifye pou wè si w pa p peche nan yon dlo kote pou "Pa Manje" (paj 4)
- 3 Sèvi avèk "Rekòmasyon selon Pwason an" ki pi ba a pou jwenn rekòmasyon sou pwason ou a.











### Selon Dlo an:










- 1 Verifye ankò ki dlo ki se kote pou "Pa Manje" yo (paj 4).
- 2 Verifye rekòmasyon espesifik yo selon dlo a apati lis ki nan paj 34 la.
- 3 Si dlo a oswa pwason an pa nan lis la, swiv rekòmasyon pou tout eta ki nan paj 32 a.

## Rekòmasyon selon Pwason an

	Paj
	6
	7
	8
	9
	8
	6

	Paj
	8
	10
	11
	12
	13
	13

	Paj
	14
	15
	16
	17
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	19
	20
	21
	8

	Paj
	9
	22
	23
	9
	24
	25
	26
	27
	28, 29

Ou pa wè pwason w lan?



## Dlo kote pou Pa Manje yo



Dlo sa yo plis afekte pase lòt akòz kontaminasyon endistriyèl. Menm si yo kapab kote ki amizan pou peche, pèsòn pa ta dwe manje pwason ki soti ladan yo.



Plan dlo	Pwason	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, ant South Glens Falls Dam ak Hudson Falls Dam (Saratoga, Warren, Washington)	Tout pwason	PA MANJE	PA MANJE
Hudson River, ant Hudson Falls Dam ak Federal Dam nan Troy (Albany, Rensselaer, Saratoga, Washington)	Tout pwason	SÈLMAN lapèch kote yo remete pwason an nan dlo. Pa Pran Pwason. Pa Manje Pwason.	SÈLMAN lapèch kote yo remete pwason an nan dlo. Pa Pran Pwason. Pa Manje Pwason.
Nassau Lake (Rensselaer)	Tout Pwason	PA MANJE	PA MANJE
Newburgh Area Waters (Orange): Beaverdam Lake Ti rivyè nan Stewart State Forest rive nan Beaver Dam Lake Clark Street Ponds Crest Vew Lake Lockwood Basin/Masterson Park Pond Moodna Creek, amon Firthcliffe Dam Recreation Pond Silver Stream Washington Lake			
Thayers Pond (Rensselaer)			
Valatie Kill, ant County Rte. 18 ak Nassau Lake (Rensselaer)			

4 Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane yo. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Konprann Rekòmandasyon an

### Ki moun ou ye



Moun ki ka vin ansent (mwens pase 50 lane) ak timoun ki gen mwens pase 15 lane ta dwe manje mwens pwason. Yo fè pati **Popilasyon Sansib** la nan tablo rekòmandasyon nou yo.

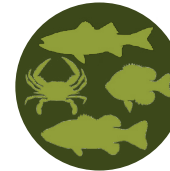
Pwodwi chimik ki nan pwason kapab fè yon pi gwo efè sou devlopman timoun ak tibebe. Anpil nan pwodwi chimik sa yo kapab rete nan kò a pandan plizyè deseni. Moun ki manje pwason ki kontamine anpil epi ki vin ansent, ka gen plis risk pou fè timoun ki pi lan pou devlope ak aprann. Kèk pwodwi chimik kapab antre nan kò yon timoun atravè lèt tete a.



Tout lòt moun yo ka gen mwens risk sante lè yo manje pwason. Yo fè pati **Popilasyon Jeneral** la nan tablo rekòmandasyon nou yo.

### Kisa w peche

Chak pwason gen rekòmandasyon espesifik sou kantite pou manje.



Kèk espès pwason gen nivo pwodwi chimik ki pi plis pase lòt, menm si yo peche yo nan menm dlo yo. Pwason ki pi piti yo an jeneral gen nivo mèki ak poliklowobifenil (polychlorinated biphenyls, PCB) ki pi ba pase pwason ki pi gwo oswa ki pi aje ki nan menm espès la.

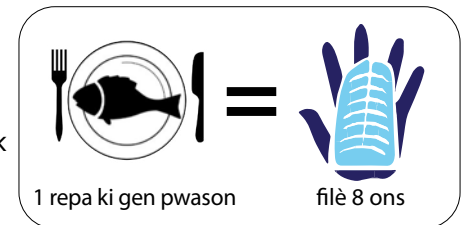
### Kote w peche



Gid sa a kapab ede w chwazi pi bon dlo si w ap manje pwason ou peche. Gen kèk dlo ki gen nivo pwodwi chimik ki pi wo pase lòt akòz sous polisyon endistriyèl ak komèsyal.

### Kantite w manje

Si w ap manje yon pòsyon 8 ons pwason chak semèn, ou kapab diminye risk sante yo nan swiv avèk atansyon konsèy sante nou yo.



1 repa ki gen pwason

filè 8 ons

Pou aprann plis sou pwodwi chimik yo jwenn abityèlman nan pwason, epi sou fason yo tabli rekòmandasyon yo, ale sou [www.health.ny.gov/fish](http://www.health.ny.gov/fish).

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Alewife




Blueback herring



### Plan dlo

### Popilasyon Jeneral

### Popilasyon Sansib

Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

## Rekòmandasyon selon Pwason an




American eel



### Plan dlo

### Popilasyon Jeneral

### Popilasyon Sansib

Kinderhook Lake (Columbia)	1 repa/mwa	PA MANJE
Saw Mill River, amon Kanal nan Mill Street nan Yonkers (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer)		
Sheldrake River (Westchester)	PA MANJE	PA MANJE
Hudson River, Troy rive NYC Battery (plizyè konte)	Li entèdi pou kenbe zangì pou manje	Li entèdi pou kenbe zangì pou manje
Moodna Creek, soti Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.



## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Striped bass



Atlantic needlefish



Bluefish



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE

## Rekòmandasyon selon Pwason an



Blue crab



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	6 krab/semèn <i>Pa manje tomali/moutad la</i>	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hudson River, Troy rive Catskill (plizyè)	PA MANJE	PA MANJE

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Rekòmandasyon selon Pwason an



Black crappie



Lake trout



Muskellunge



Tiger muskellunge



ak tout lòt pwason ki pa nan lis la




Popilasyon Jeneral



Popilasyon Sansib

Plan dlo

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.




Bluegill



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Bradley Lake (Rensselaer)	4 repa/mwa	1 repa/mwa
Queechy Lake (Columbia)		
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Moodna Creek, aval Firthecliff Dam (Orange)	1 repa/mwa	PA MANJE
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	4 repa/mwa

## Rekòmandasyon selon Pwason an




Brown bullhead



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	1 repa/mwa	1 repa/mwa
Kinderhook Lake (Columbia)	4 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)	1 repa/mwa	PA MANJE
Hudson River, Catskill rive NYC Battery (plizyè konte)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.




Carp



### Plan dlo

### Popilasyon Jeneral

### Popilasyon Sansib

Kinderhook Lake (Columbia)	4 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Catskill rive NYC Battery (plizyè konte)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	PA MANJE	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)		
Mohawk River/Erie Canal, ant Fivemile Dam ak Cohoes Falls (plizyè konte)		
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

Rekòmandasyon sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Rekòmandasyon selon Pwason an




Channel catfish  
White catfish



### Plan dlo

### Popilasyon Jeneral

### Popilasyon Sansib

Kinderhook Lake (Columbia)	1 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive NYC Battery (plizyè konte)	PA MANJE	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	1 repa/mwa	1 repa/mwa



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.




Chain pickerel



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	Plis pase 20 pous; 1 repa/mwa  Mwens pase 20 pous; 4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	Plis pase 20 pous; 1 repa/mwa  Mwens pase 20 pous; 4 repa/mwa	1 repa/mwa

## Rekòmandasyon selon Pwason an




Freshwater drum



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	1 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive Catskill (plizyè)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	1 repa/mwa	1 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.




## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Goldfish




Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Kinderhook Lake (Columbia)	4 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Catskill rive NYC Battery (plizyè konte)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Sheldrake River (Westchester)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

## Rekòmandasyon selon Pwason an



Largemouth bass



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Lake Welch (Rockland)	1 repa/mwa	1 repa/mwa
Amawalk Reservoir (Westchester)	1 repa/mwa	Plis pase 15 pous, PA MANJE;
Boyd Corners Reservoir (Putnam)		Mwens pase 15 pous;
Chodikee Lake (Ulster)		1 repa/mwa
Cross River Reservoir (Westchester)		1 repa/mwa
Kinderhook Lake (Columbia)	Plis pase 15 pous, 1 repa/mwa; Mwens pase 15 pous; 4 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Dyken Pond (Rensselaer)	1 repa/mwa	PA MANJE
Hudson River, Catskill rive NYC Battery (plizyè konte)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	Plis pase 15 pous, 1 repa/mwa; Mwens pase 15 pous; 4 repa/mwa	1 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.




Northern pike



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	Plis pase 26 pou; 1 repa/mwa Mwens pase 26 pou; 4 repa/mwa	PA MANJE
Kinderhook Creek (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, aval Firthecliff Dam (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	Plis pase 26 pou; 1 repa/mwa Mwens pase 26 pou; 4 repa/mwa	Plis pase 26 pou; PA MANJE Mwens pase 26 pou; 1 repa/mwa

## Rekòmandasyon selon Pwason an



Pumpkin-seed/sunfish




Redbreast sunfish



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Green Lake (Greene)	4 repa/mwa	1 repa/mwa
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)		
Mohawk River (plizyè konte)		
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Moodna Creek, soti Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	4 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.


## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Rock bass



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	4 repa/mwa	1 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Rekòmandasyon selon Pwason an



Smallmouth bass



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Lake Welch (Rockland)	1 repa/mwa	Plis pase 15 pous, PA MANJE; Mwens pase 15 pous, 1 repa/mwa
Dunham Reservoir (Rensselaer)	Plis pase 15 pous, PA MANJE; Mwens pase 15 pous, 1 repa/mwa	PA MANJE
Hudson River, Catskill rive NYC Battery (plizyè konte)	1 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)	PA MANJE	PA MANJE
Hudson River, Troy rive Catskill (plizyè)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	1 repa/mwa	Plis pase 15 pous; PA MANJE Mwens pase 15 pous; 1 repa/mwa



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.


## Rekòmasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Brook trout



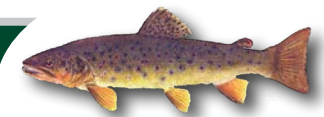
Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Mohawk River (plizyè konte)	4 repa/mwa	1 repa/mwa
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	4 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.




Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Rekòmasyon selon Pwason an



Brown trout



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Mohawk River (plizyè konte)	4 repa/mwa	1 repa/mwa
Cross River Reservoir (Westchester)	Plis pase 20 pous, 1 repa/mwa; Mwens pase 20 pous, 4 repa/mwa	1 repa/mwa
Titicus Reservoir (Westchester)		
West Branch Reservoir (Putnam)		
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	Plis pase 14 pous, PA MANJE; Mwens pase 14 pous, 1 repa/mwa	Plis pase 14 pous, PA MANJE; Mwens pase 14 pous, 1 repa/mwa
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	Plis pase 20 pous, 1 repa/mwa; Mwens pase 20 pous, 4 repa/mwa



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.


## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Rainbow trout



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	1 repa/mwa	1 repa/mwa
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	4 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou alyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Rekòmandasyon selon Pwason an



Walleye



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Kinderhook Lake (Columbia)	Plis pase 19 pous, 1 repa/mwa; Mwens pase 19 pous, 4 repa/mwa	PA MANJE
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Boyd Corners Reservoir (Putnam)	1 repa/mwa	PA MANJE
East Branch Reservoir (Putnam)		
Swinging Bridge Reservoir (Sullivan)		
Loch Sheldrake (Sullivan)	Plis pase 19 pous, PA MANJE; Mwens pase 19 pous, 1 repa/mwa	PA MANJE
Dunham Reservoir (Rensselaer)	PA MANJE	PA MANJE
Hudson River, Troy rive NYC Battery (plizyè konte)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	Plis pase 19 pous, 1 repa/mwa; Mwens pase 19 pous, 4 repa/mwa	Plis pase 19 pous, PA MANJE; Mwens pase 19 pous, 1 repa/mwa



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.




## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



White perch




Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Cross River Reservoir (Westchester)	1 repa/mwa	PA MANJE
Hudson River, Catskill rive NYC Battery (plizyè konte)		
Kinderhook Lake (Columbia)		
Lake Taghkanic (Columbia)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Titicus Reservoir (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	1 repa/mwa	1 repa/mwa

## Rekòmandasyon selon Pwason an



White sucker



Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	4 repa/mwa	1 repa/mwa
Mohawk River (plizyè konte)		
Patroon Creek (Albany)		
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer)		
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)	1 repa/mwa	PA MANJE
Hudson River, Troy rive Catskill (plizyè konte)	PA MANJE	PA MANJE
<b>Tout Lòt Dlo</b> 	4 repa/mwa	4 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

## Rekòmandasyon selon Pwason an

Gade lejann ki nan paj 2 a pou lòt espès pwason yo.



Yellow perch



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Diverting Reservoir (Putnam)	4 repa/mwa	1 repa/mwa
Glass Lake (Rensselaer)		
Lake Superior (Sullivan)		
Mohawk River (plizyè konte)		
Moreau Lake (Saratoga)		
Thompsons Lake (Albany)		
Amawalk Reservoir (Westchester)	Plis pase 10 pous, 1 repa/mwa; Mwens pase 10 pous, 4 repa/mwa	1 repa/mwa
Ballston Lake (Saratoga)		
Black River Pond (Rensselaer)		
Carters Pond (Washington)		
Dunham Reservoir (Rensselaer)		
Dyken Pond (Rensselaer)		
East Branch Reservoir (Putnam)		
Green Lake (Greene)		
Middle Branch Reservoir (Putnam)		
New Croton Reservoir (Westchester)		
Rio Reservoir (Sullivan, Orange)		
Titicus Reservoir (Westchester)		
Wappingers Lake (Dutchess)		
West Branch Reservoir (Putnam)		




Yellow perch,  
kontinye



Popilasyon Jeneral



Popilasyon Sansib

Plan dlo	Popilasyon Jeneral	Popilasyon Sansib
Hudson River, Catskill rive NYC Battery (plizyè konte)	4 repa/mwa	PA MANJE
Kinderhook Lake (Columbia)		
Saw Mill River, amon Mill Street nan Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy rive Catskill (plizyè konte)	1 repa/mwa	PA MANJE
Moodna Creek, Firthecliff Dam rive Hudson River (Orange)		
<b>Tout Lòt Dlo</b> 	4 repa/mwa	Plis pase 10 pous, 1 repa/mwa; Mwens pase 10 pous, 4 repa/mwa

Konsèy sante espesifik pou dlo ki nan lis pi wo a aplikab tou pou afliyan ak dlo konekte si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte kouran an.



Popilasyon sansib la fè referans ak moun ki ka vin ansent (ki gen mwens ke 50 lane) ak timoun ki gen mwens ke 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

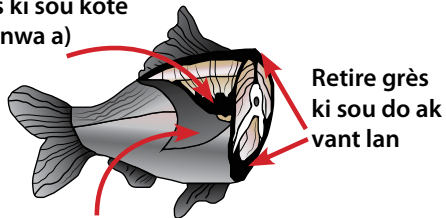


Pa manje pwason ki soti nan pati nò nan Hudson River, dlo nan zòn Newburgh yo, Thayers Pond, kèk pati nan Valatie Kill, ak Nassau Lake. Gade paj 4.

## Ti Konsèy pou Alimantasyon ki Pi Bon pou Sante

- Eseye espase repa ki gen pwason ou yo. Pa egzanp, si rekòmandasyon an di w kapab manje jiska kat repa pa mwa, pa manje tout nan menm semèn lan. Sa enpòtan sitou pou popilasyon sansib la.
- Kapab genyen bakteri, viris ak parazit sou oswa andedan pwason an. Konsève pwason ki peche yo nan glas. Mete gan lè w ap retire po oswa koupe sa w ap retire nan pwason an. Lave men ak sifas yo souvan lè w ap prepare pwason epi kenbe manje ki kri yo apa. Kwit pwason ak fwidemè yo byen anvan ou manje yo.
- Yo jwenn PCB yo, klòdan, diyeldrin ak diyoksin nan nivo ki pi elve nan grès pwason an. Diminye grès la, pou fè sa koupe sa w ap retire yo, retire po a epi kwit sa w peche a byen:

Retire grès ki sou kote yo (pati ki nwa a)

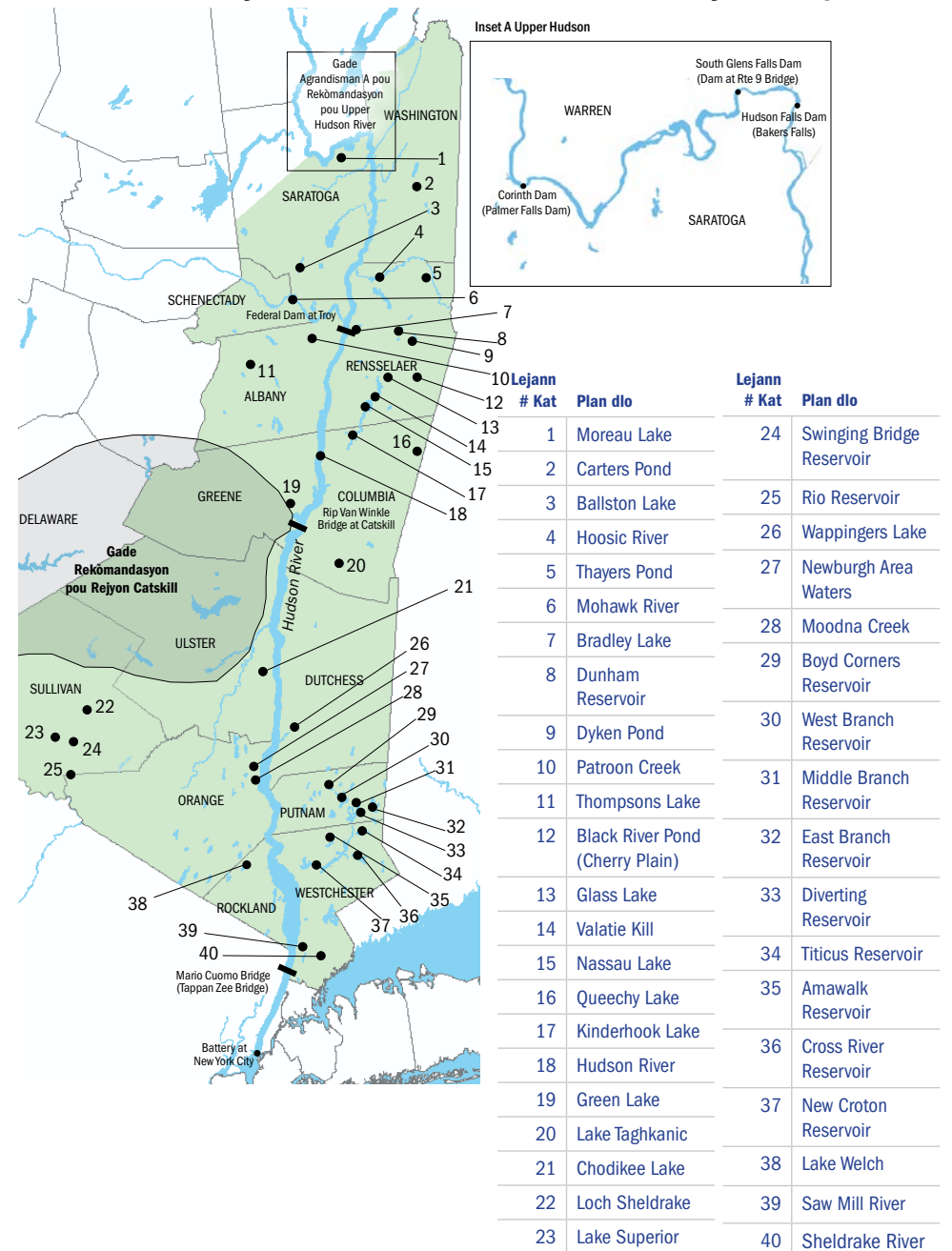


Retire po a

- Kwit oswa tranpe pwason an pa kapab elimine pwodwi chimik yo, men chalè pandan kwison an ap fonn kèk nan grès yo. Griye nan fou, sou gril oswa kwit anba fou pwason ki netwaye epi san po a sou yon gril pou grès la kapab koule. Pa sèvi avèk sa ki koule a nan sòs.
- Lè w netwaye ak retire po a sa pa pral diminye kantite mèki ki nan yon repa abaz pwason.
- Premye fason pou diminye kantite mèki w jwenn nan pwason an se pou evite sèten espès oswa manje pwason ki pi piti nan yon espès.

**Pou plis ti konsèy ak resèt ki fèt ak pwason ki bon pou sante ale sou [www.health.ny.gov/fish/tips.htm](http://www.health.ny.gov/fish/tips.htm)**

## Hudson Valley Waters avèk Rekòmandasyon Espesifik

































### E afliyan ak dlo ki konekte yo?

Rekòmandasyon espesifik la aplikab pou afliyan ak dlo ki konekte yo si pa gen baraj, chit oswa baryè pou anpeche pwason an remonte oswa desann kouran an. Sa a se paske pwodwi chimik yo rete nan pwason an pandan yo ap deplase soti nan yon plan dlo ale nan yon lòt.

# Rekòmandasyon Pou Tout Eta

# Ki Kote Ou Kapab Sèvi avèk Rekòmandasyon Pou Tout Eta

 <p>Popilasyon Jeneral</p>	<p>Rekòmandasyon sa a deja nan paj "selon pwason an" yo (6-29). Sèvi avèk Rekòmandasyon Pou Tout Eta pou dlo ki nan lis lan nan paj 33. Chwazi pami pwason ki nan Pi Bon Chwa ak Bon Chwa pou jwenn pi plis benefis lè w manje pwason ki peche lokalman.</p>	 <p>Popilasyon Sansib</p>
<b>*Pi Bon Chwa Pwason*</b>		
<b>4</b> repa pa mwa	 Brook trout  Brown trout mwens pase 20 pous  Rainbow trout  Bluegill  Pumpkinseed/Sunfish  White sucker  Yellow perch mwens pase 10 pous	<b>4</b> repa pa mwa
<b>4</b> repa pa mwa	<p style="text-align: center;"><b>Bon Chwa</b></p>  Black crappie  Brown trout plis pase 20 pous  Bullhead  Chain pickerel mwens pase 20 pous  Carp  Lake trout  Largemouth bass mwens pase 15 pous  Northern pike mwens pase 26 pous  Rock bass  Walleye mwens pase 19 pous  Yellow perch plis pase 10 pous  nempòt pwason ki pa nan lis la	<b>1</b> repa pa mwa
<b>1</b> repa pa mwa	<p style="text-align: center;"><b>Manje Mwens</b></p>  Chain pickerel plis pase 20 pous  Channel catfish  Freshwater drum  Largemouth bass plis pase 15 pous  Smallmouth bass mwens pase 15 pous  White perch	<b>1</b> repa pa mwa
<b>1</b> repa pa mwa	 Northern pike plis pase 26 pous  Smallmouth bass plis pase 15 pous  Walleye plis pase 19 pous	<b>0</b> PA MANJE

## Albany

Basic Creek  
 Basic Creek Reservoir  
 Catskill Creek  
 Normans Kill, *amon chit dlo nan I-87*  
 Rensselaer Lake  
 Ten Mile Creek  
 Tivoli Lake  
 Vly Creek  
 Washington Park Lake

## Columbia

Claverack Creek, *amon Van De Carrs Dam*  
 Copake Lake  
 Kline Kill

## Dutchess

Crum Elbow Creek, *amon Lower Dam*  
 Fishkill Creek, *amon NY Rubber Co. Dam*  
 Iron Mine Pond  
 Morgan Lake  
 Roeliff Jansen Kill, *amon Bingham Mill Dam*  
 Shekomeko Creek  
 Sprout Creek  
 Stissing Pond  
 Tenmile River  
 Wappinger Creek, *amon Wappinger Falls Dam*  
 Webatuck Creek  
 Ore Pit Pond  
 Roeliff Jansen Kill, *amon Bingham Mill Dam*  
 Taghkanic Creek  
 Weed Mines Pond

## Putnam

Canopus Lake  
 Croton Falls Reservoir  
 East Branch Croton River, *aval Diverting Reservoir Dam*  
 Lake Gilead  
 Lake Gleneida  
 Lake Mahopac  
 Peekskill Hollow Brook, *amon Dam*  
 Pelton Pond  
 Roaring Brook Lake  
 Stillwater Pond  
 West Branch Croton River, *aval West Branch Dam*  
 White Pond

## Orange

Barnes Lake  
 Blue Lake  
 Eagle Lake  
 Glenmere Lake  
 Greenwood Lake  
 Hessian Lake  
 Island Pond  
 Lake Askoti  
 Lake Kanawauke  
 Lake Nawahunta  
 Lake Skannatati  
 Lake Stahahe  
 Ramapo River  
 Wallkill River

## Rensselaer

Burden Lake  
 Crooked Lake  
 Crystal Lake  
 Long Pond  
 Poesten Kill, *amon Mt. Ida Falls*  
 Shaver Pond  
 Snyder's Lake  
 Tackwasick Creek  
 Tomhannock Reservoir  
 Tsatsawassa Lake

## Rockland

Hessian Lake  
 Lake Sebago  
 Lake Wanoksink  
 Mahwah River  
 Minisceongo Creek, *amon Rockland Print Company Dam*  
 Pine Meadow Brook  
 Pine Meadow Lake  
 Ramapo River  
 Rockland Lake  
 Sparkill Creek, *amon Piermont Paper Company Dam*  
 Tiorati Brook, *amon Stony Point Dam*

## Saratoga

Alplaus Kill  
 Dwaas Kill  
 Geyser Brook  
 Glowegee Creek  
 Kayaderoseras Creek  
 Round Lake  
 Saratoga Lake

## Schenectady

Collins Lake  
 Featherstonhaugh Lake  
 Iroquois Lake  
 Lisha Kill  
 Mariaville Lake  
 Steinmetz Lake

## Sullivan

Bashakill Marsh  
 Callicoon Creek  
 Cliff Lake  
 Crystal Lake  
 Delaware River  
 Lake Huntington  
 Mongaup Falls Reservoir  
 Morningside Lake  
 Neversink River  
 Toronto Reservoir  
 White Lake

## Ulster

Louisa Pond  
 Sturgeon Pool  
 Wallkill River, *amon Sturgeon Pool*

## Washington

Batten Kill, *amon Clark Mills Lower Dam*  
 Cossayuna Lake  
 Dead Lake  
 Mettawee River, *amon chit Thomas Rd & Upper Tpk*

## Westchester

Bronx River, *amon Bronx River Dam*  
 Croton River, *amon Silver Lake Dam*  
 Kensico Reservoir  
 Mohansic Lake  
 Muscoot Reservoir  
 Peekskill Hollow Brook, *amon Hollowbrook Dam*  
 Stone Hill River  
 Swan Lake



Popilasyon sansib la fè referans ak moun ki ka vin ansent (mwens pase 50 lane) ak timoun ki gen mwens pase 15 lane. Popilasyon jeneral la fè referans ak tout lòt moun yo.

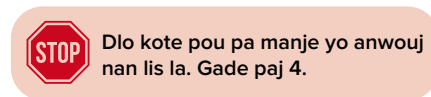
Pou plan dlo pou lapèch ak rekòmandasyon adisyonèl pou Rejyon Catskill la, ki gen ladan kèk pati nan konte Delaware, Greene, Sullivan ak Ulster, ale sou [www.health.ny.gov/fish/CAT](http://www.health.ny.gov/fish/CAT).

# Lis Rekòmandasyon Espesifik pou Dlo nan Lòd Alfabetik

Sèvi avèk lis sa a pou konnen si gen yon rekòmandasyon espesifik pou plan dlo ou a. Plis gen paj nan lis la, se plis gen rekòmandasyon pou dlo a.

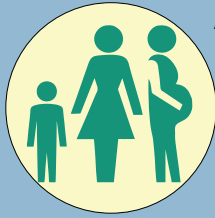
Rekòmandasyon Espesifik pou Dlo (County)	Paj	Rekòmandasyon Espesifik pou Dlo (County)	Paj
Amawalk Reservoir (Westchester)	17, 28	Moodna Creek, aval Firthcliffe Dam pou rive nan anouchi Hudson River <sup>1</sup>	7 - 27, 29
Ballston Lake (Saratoga)	28	Moreau Lake (Saratoga)	28
Black River Pond (Rensselaer)	28	Nassau Lake (Rensselaer)	4
Boyd Corners Reservoir (Putnam)	17, 25	New Croton Reservoir (Westchester)	28
Bradley Lake (Rensselaer)	10	Newburgh Area Waters (Orange)	4
Carters Pond (Washington)	28	Patroon Creek (Albany)	27
Chodikey Lake (Ulster)	17	Queechy Lake (Columbia)	10
Cross River Reservoir (Westchester)	17, 23, 26	Rio Reservoir (Sullivan, Orange)	28
Diverting Reservoir (Putnam)	28	Saw Mill River, amon kanal nan Mill Street nan Yonkers (Westchester) <sup>1</sup>	7, 9-27, 29
Dunham Reservoir (Rensselaer)	21, 25, 28	Sheldrake River (Westchester) <sup>1</sup>	7, 9-27, 29
Dyken Pond (Rensselaer)	17, 28	Swinging Bridge Reservoir (Sullivan)	25
East Branch Reservoir (Putnam)	25, 28	Thayer Pond - Hoosick Falls Area (Rensselaer)	4
Glass Lake (Rensselaer)	28	Thompsons Lake (Albany)	28
Green Lake (Greene)	19, 28	Titicus Reservoir (Westchester)	23, 26, 28
Hoosic River, soti Schaghticoke Dam rive sou liy eta Vermont (Rensselaer, Washington)	11, 12, 19, 23, 24, 27	Valatie Kill, ant County Rte. 18 ak Nassau Lake (Rensselaer)	4
Hudson River, ant S. Glens Falls Dam ak Hudson Falls	4	Valatie Kill, ant Nassau Lake ak Kinderhook Lake (Rensselaer, Columbia) <sup>1</sup>	7, 9-27, 29
Hudson River, ant Hudson Falls ak Troy	4	Wappingers Lake (Dutchess)	28
Hudson River, ant Troy ak Catskill <sup>1</sup>	6 - 27, 29	West Branch Reservoir (Putnam)	23, 28
Hudson River, ant Catskill ak NYC <sup>1</sup>	6 - 27, 29		
Kinderhook Lake (Columbia) <sup>1</sup>	7, 9-27, 29		
Lake Superior (Sullivan)	28		
Lake Taghkanic (Columbia)	26		
Lake Welch (Rockland)	17, 21		
Loch Sheldrake (Sullivan)	25		
Middle Branch Reservoir (Putnam)	28		
Mohawk River/Erie Canal ant Fivemile Dam ak Cohoes Falls (Herkimer, Schenectady, Montgomery, Albany, Saratoga)	12, 19, 22, 23, 27, 28		

<sup>1</sup> Pou lòt pwason nan dlo sa yo ki pa nan lis la, swiv rekòmandasyon ki nan paj 9 la.





## Pwason nan Makèt ak Restoran



Administrasyon Alimantasyon ak Medikaman (Food and Drug Administration, FDA) Etazini an kontwòl lavant pwason komèsyal sou mache yo. Akoz enkyetid ki genyen sou mèki, FDA ansanm ak Ajans Pwoteksyon Anviwònman nan peyi Etazini (US Environmental Protection Agency, EPA) an konseye moun ki ansent ak ki ap bay tete yo, moun ki ka vin ansent yo ansanm ak timoun piti pou yo evite manje shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, ak tilefish.

Ale sou [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) oswa  
[www.epa.gov/fishadvice](http://www.epa.gov/fishadvice) pou plis enfòmasyon.

## Plis Enfòmasyon

### Rekòmandasyon pou Pwason nan Eta New York

Depatman Sante  
(Department of Health, DOH)  
[www.health.ny.gov/fish](http://www.health.ny.gov/fish)  
[www.health.ny.gov/fish/maps.htm](http://www.health.ny.gov/fish/maps.htm)  
(518) 402-7800  
(800) 458-1158  
BTSA@health.ny.gov

### Lapèch nan NYC Reservoirs

Depatman Pwoteksyon  
Anviwònman Vil New York  
(NYC Department of Environmental  
Protection, DEP)  
[http://www.nyc.gov/html/dep/  
html/recreation/fishing.shtml](http://www.nyc.gov/html/dep/html/recreation/fishing.shtml)  
1-800-575-LAND (5263)  
recreation@dep.nyc.gov

### Lapèch nan Eta New York

Depatman Konsèvasyon  
Anviwòmantal (Department of  
Environmental Conservation, DEC)  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

#### DEC Rejyon 5

(Konte Washington ak Saratoga)  
Biwo Ray Brook  
(518) 897-1200  
fwfish5@dec.ny.gov

#### DEC Rejyon 4

(Konte Albany, Columbia, Greene,  
Rensselaer, ak Schenectady)  
Biwo Stamford  
(607) 652-7366  
fwfish4@dec.ny.gov

#### DEC Rejyon 3

(Konte Dutchess, Orange, Putnam,  
Rockland, Ulster, ak Westchester)  
Biwo New Paltz  
(845) 256-3161  
fwfish3@dec.ny.gov

Sitwèb DEC a ki nan lis pi wo a gen yon pil resous pou ede w jwenn enfòmasyon ki aksesib sou sit lapèch yo, depa bato yo, ki pwason yo jwenn nan diferan plan dlo yo epi sou lisans pou lapèch.