

Where Can the Whole Family Eat Fish?

ဟံၣ်ဖိယိဖိခဲလၢၣ်အိၣ်ညၣ်န့ၣ်ဖဲလဲၣ်

Syracuse

Area Guide

Karen



**Department
of Health**

နယူယိုၣ်ကီၢ်စၢ်ဝဲၣ်ကျိၣ်ဘၣ်ယၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ

Fishing is a fun and healthy activity.
 တစ်ခါတစ်ရံမှာတော့မိဘမိဘသားဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချူတၢ်ဟူးတၢ်ဂဲၤန့ၣ်လီၤ



Eating fish can be very good for you.
 အိၣ်ညးန့ၣ်ဂ့ၤသ့ဒိၣ်မးလၢနဂီၢ်န့ၣ်လီၤ



Fish is high in protein and part of a healthy diet.
 ညးန့ၣ်အါဝဲဒၣ်ဖရိၣ်ထံ(န)ဒီးတၢ်အိၣ်တၢ်ခါလၢဒုးန့ၣ်ဂ့ၤဘါတၢ်အိၣ်ဆူၣ်အိၣ်ချူ န့ၣ်လီၤ



But some fish caught in New York can have chemicals.
 ဘၣ်ဆၣ်ဖီၣ်န့ၣ်ညးတနီၤလၢ(နယူယိၣ်)န့ၣ်အိၣ်ယုၣ်သ့ဒီးဂံၤအစုၣ်အပျၢ်န့ၣ်လီၤ

- Even if the water looks clean, fish can have chemicals that are bad for your health.
 ထံၣ်ဖျါကဆိၣ်လဲၣ်သန့က့ညးကျိအိၣ်ယုၣ်သ့ဒီးဂံၤအစုၣ်အပျၢ်လၢကမၤအါမၤနးနတၢ်အိၣ်ဆူၣ်အိၣ်ချူ န့ၣ်လီၤ



You cannot see, smell or taste the chemicals found in fish.
 နထံၣ်အိၣ်တသ့ဘၣ်,တနာဘၣ်အိၣ်ဘၣ်,ဒီးလ့ၣ်ကွၢ်အိၣ်ဒီးတသ့ညါလၢဂံၤအစုၣ်အပျၢ်အိၣ်ယုၣ်လၢညးကျိဘၣ်

cannot see
ထံၣ်န့ၣ်အိၣ်တသ့ဘၣ်

cannot smell
နာဘၣ်အိၣ်တသ့ဘၣ်

cannot taste
လ့ၣ်ဘၣ်အိၣ်တသ့ဘၣ်

Chemicals in fish can be bad for your health.
 ဂံၤအစုၣ်အပျၢ်အိၣ်ယုၣ်လၢညးကျိန့ၣ်မၤအါမၤသီနတၢ်အိၣ်ဆူၣ်အိၣ်ချူ သ့န့ၣ်လီၤ

- Chemicals can affect babies more than adults.
 ဂံၤအစုၣ်အပျၢ်န့ၣ်မၤဘၣ်ဒိဖိသၣ်အါန့ၣ်ပုၤသးပုၤသ့န့ၣ်လီၤ
- Large amounts of chemicals can affect a child's ability to learn.
 အိၣ်ဘၣ်ဂံၤအစုၣ်အပျၢ်အါန့ၣ်မၤဘၣ်ဒိသ့ဝဲ
 ဖိသၣ်တၢ်သ့တၢ်ဘၣ်လၢကမၤလိတၢ်န့ၣ်လီၤ



Different people can eat different amounts of fish. There is different advice depending on your age.

ပျိုတဖန်လအိပ်ဒီး တင်လီဆီလိာ်သးန့ၣ် အိပ်ဝဲဒၣ် ညဉ် အအါအစုၤလၢ အလီဆီလိာ်သးန့ၣ်လီၤ.
တင်အံၤမ့ၢ်တင်ဟ့ၣ်က့ၣ်လီၤဆီလၢ အဒီးသန့ၤထီၣ်သးလၢ နသးနီၣ်လါအဖီခိၣ်န့ၣ်လီၤ.



Since chemicals are most harmful to young people, especially women and children, families should eat less fish.

မ့ၢ်လၢ ကံတင်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မ့ၢ်ဝဲဒၣ် တင်လၢအမၤဘၣ်ဒိဆါ ပုၤသ့ၣ်စၢ်သးဘီၣ်တဖန်ကတၢၢ်, လီၤဆီဒၣ်တင် ဟံၣ်မ့ၢ်တဖန်ဒီး ဖိဒံဖိသ့ၣ်တဖန်အဃိ, ဟံၣ်ဖိဃီဖိတဖန်န့ၣ် ကြၢးအိပ်ဝဲဒၣ် ညဉ်စ့ၤစ့ၤလီၤ.

Older adults can eat more fish because the chemicals are not as harmful to their health.

ပုၤသ့ၣ်က့ၤသးပျိုတဖန်န့ၣ် အိပ်ဝဲဒၣ်ညဉ်အါအါသ့ မ့ၢ်လၢ ကံတင်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မၤဘၣ်ဒိဆါ အဝဲသ့ၣ်အတၢ်အိပ်ဆူၣ်အိပ်ချ့ အါကံၢ်ဆိး တသ့ဘၣ်အဃိန့ၣ်လီၤ.



The New York State Department of Health tells anglers where it's good to eat the fish and which fish are good to eat.

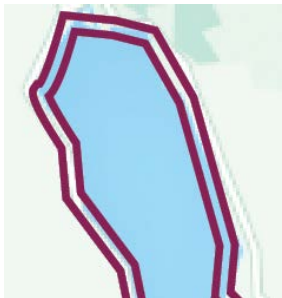
New York ကီၢ်ဖဲၣ် တင်အိပ်ဆူၣ်အိပ်ချ့ ဝဲၤကျိၤ တဲဘၣ်ဝဲဒၣ် ပျိုတခွဲညဉ်ဖိတဖန် တင်လီၤလၢ ပျိုအိပ်ညဉ်တဖန် သ့ဝဲဒီး ညဉ်မနုၤတဖန် ဂ့ၤလၢပျိုကအိပ်ဝဲဒၣ်အဂီၢ်လဲၣ်န့ၣ်လီၤ.

- Use the map to find where it's good to eat the fish.
စူးကါဘၣ် ဟီၣ်ခိၣ်ဂီၤလၢ ကဃုကွၢ် တင်လီၤလၢ ပျိုအိပ်ညဉ်တဖန် ကသ့ဝဲအလီၢ်တက့ၢ်.
- Choose to eat fish from waters outlined in blue and purple.
ဃုထၢအိပ်ညဉ်လၢထံတၢ်ဟံၣ်ဖျါထီၣ်အါအလါအဲးဒီးအဂီၢ်လုး

Blue waters
ထံလၢအလါအဲး



Purple waters
ထံလၢအဂီၢ်လုး



- These fish have less chemicals and are a healthy choice.
ညဉ်တကလုာ်အံၤစ့ၤဒီးကံအစုၣ်အပျါဒီးမ့ၢ်တင်ဃုထၢဂ့ၢ်လၢတၢ်အိပ်ဆူၣ်အိပ်ချ့ အဂီၢ်န့ၣ်လီၤ.
- Avoid eating fish from waters outlined in red.
ဟးဆွဲ တင်အိပ်ညဉ်တဖန်လၢ ပျိုမၤန့ၢ်အီၤလၢ ထံအလွဲၢ်ဂီၤတဖန် အပူၤန့ၣ်တက့ၢ်.

Red waters
ထံလၢအဂီၢ်



If you choose to cook the whole fish, soups or stews, choose fish from blue waters. These fish have less chemicals in their fat and skin.

နမ့်ဗုထာလာ ကဖီအိပ်ညှိဒီတဘျဉ်, တၢ်ထံမ့ၢ်ဂ့ၤ ကသူမ့ၢ်ဂ့ၤန့ၣ်, ဗုထာညှိလၢ အိၣ်လၢထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညှိတဖၣ်အံၤ ကံအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လၢ အသိဒီး အဖံးပူၤန့ၣ်လီၤ.

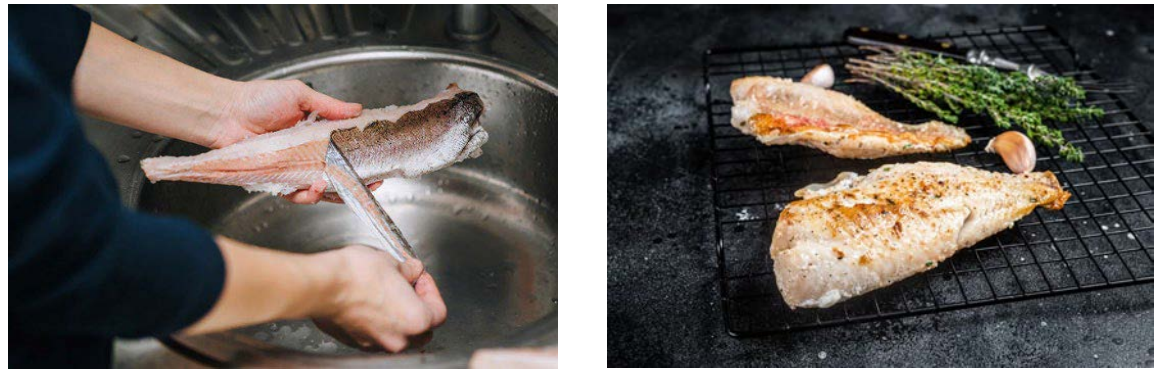
Blue waters
ထံလၢအလါအဲး



If you fish from purple waters, you should remove the fat and skin from your fish. Fish in purple waters have chemicals in their fat and skin. Trim and skin your fish so it has less chemicals.

နမ့်ဗုအိၣ်ညှိလၢ ထံအလွဲၢ်လူးအပူၤန့ၣ်, နကဘၣ်မၤကဆီၣ်ကွံာ် အသိဒီး အဖံးလၢညှိအပူၤလီၤ. ညှိတဖၣ်လၢအိၣ်လၢ ထံအလွဲၢ်လူးအပူၤန့ၣ် ကံအတၢ်ဖိတၢ်လံၤတဖၣ်အိၣ်ဝဲဒၣ်လၢ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတဲာ်ဒီး အိၣ်ကွံာ်အဖံးလၢနညှိအပူၤ ဒ်သီးကံအတၢ်ဖိတၢ်လံၤကစ့ၤလီၤအဂီၢ်တက့ၢ်.

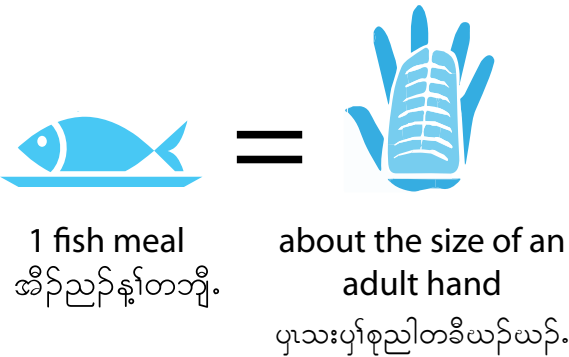
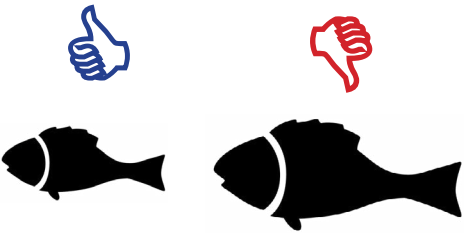
Purple waters
ထံလၢအဂီၢ်လူး



Why we have advice
ဘၣ်မနုၤအဃိ ပဘၣ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

- This is to protect people from chemicals that might be in fish.
တၢ်အံၤကဒီးသအပူၤဂီၢ်မုၢ်လၢကံအစုၣ်အပျၢ်အိၣ်ယုၣ်သ့လၢညှိကျိ
- The chemicals can take a long time to build up in the body.
တၢ်ဆၢကတီၢ်လၢကံအစုၣ်အပျၢ်ကမၤအိၣ်(ဒိၣ်)ထီၣ်လၢနနီၢ်ခိအပူၤယံာ်မၤသ့န့ၣ်လီၤ.
- You won't get sick right away, but after many years, these chemicals may cause health issues like cancer.
နတအိၣ်ဆူၣ်အိၣ်ချ့တဘျီဃီဘၣ်,ဘၣ်ဆၣ်ကံအစုၣ်အပျၢ်မၤကဲထီၣ်သ့တၢ်ဆါအါအဂ့ၢ်အကျိၤလီၤဂၤ ဒ်သီးခဲစၢ်န့ၣ်လီၤ.
- It's ok to eat fish from the store more often.
အိၣ်ခ့ၣ်အိၣ်ညှိညိန့ၢ်အါဘျီလၢတၢ်ဆါတၢ်ပွၤအလီၢ်.

Younger, smaller fish will have less chemicals than larger, older fish.
ညှိလၢအဆံးအိၣ်စ့ၤဒီးကံအစုၣ်အပျၢ်ဆံးန့ၣ်ညှိဖးဒိၣ်

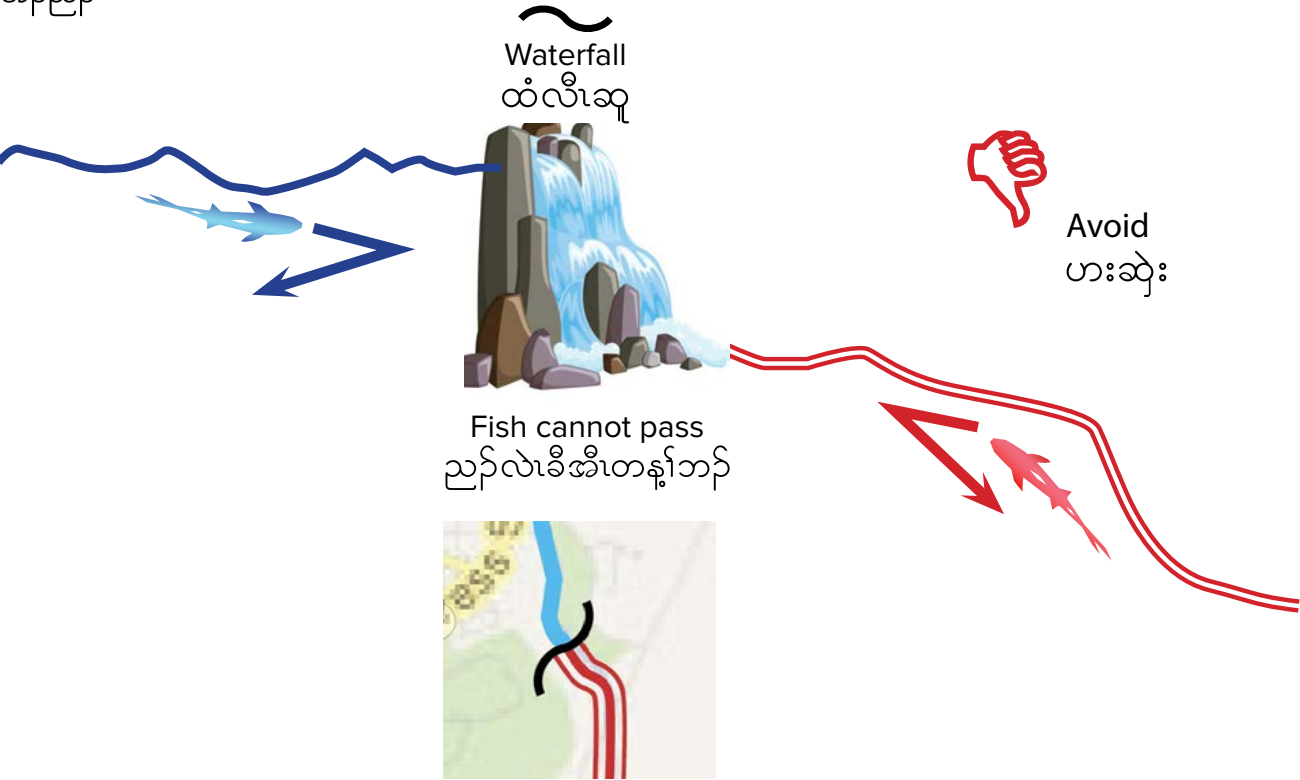


Waterfalls and dams can stop fish.

ထံလီဆူဒီးထံတမာဒီးသအညဉ်သုဝဲန့ဉ်လီ

Use the map to check if advice is different on either side of the barrier.

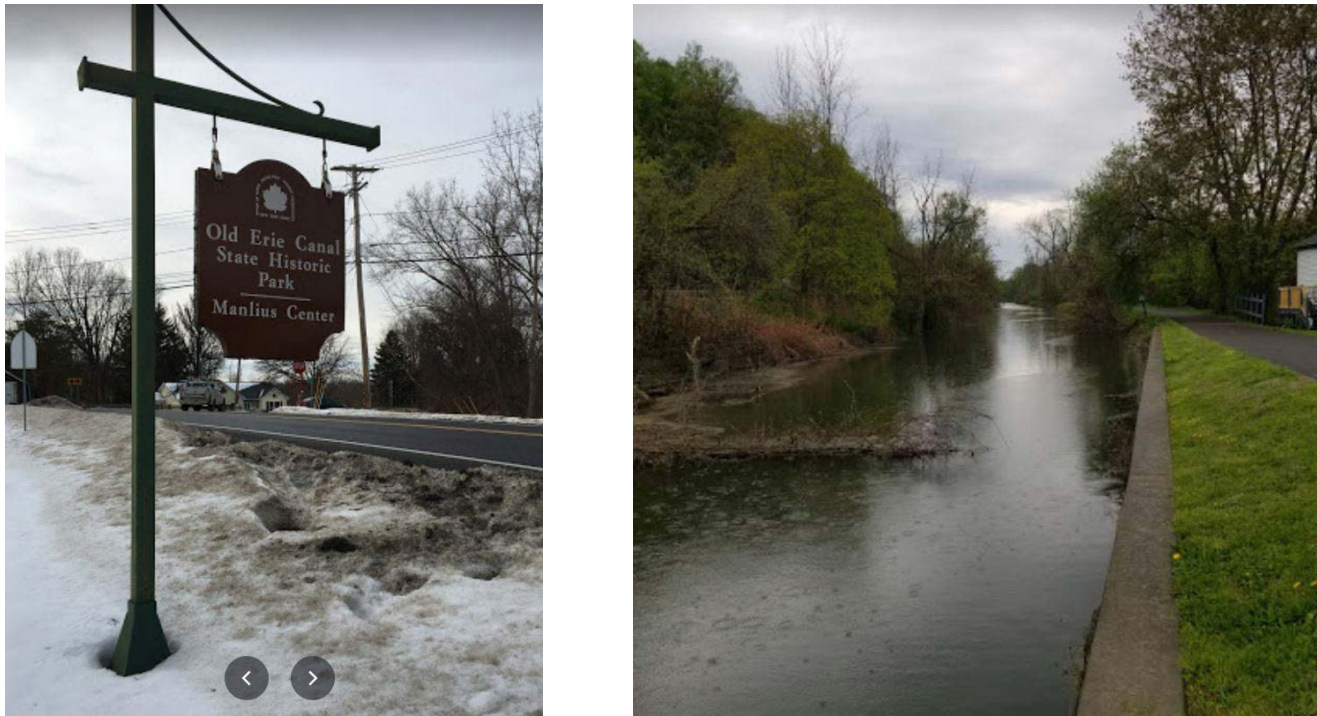
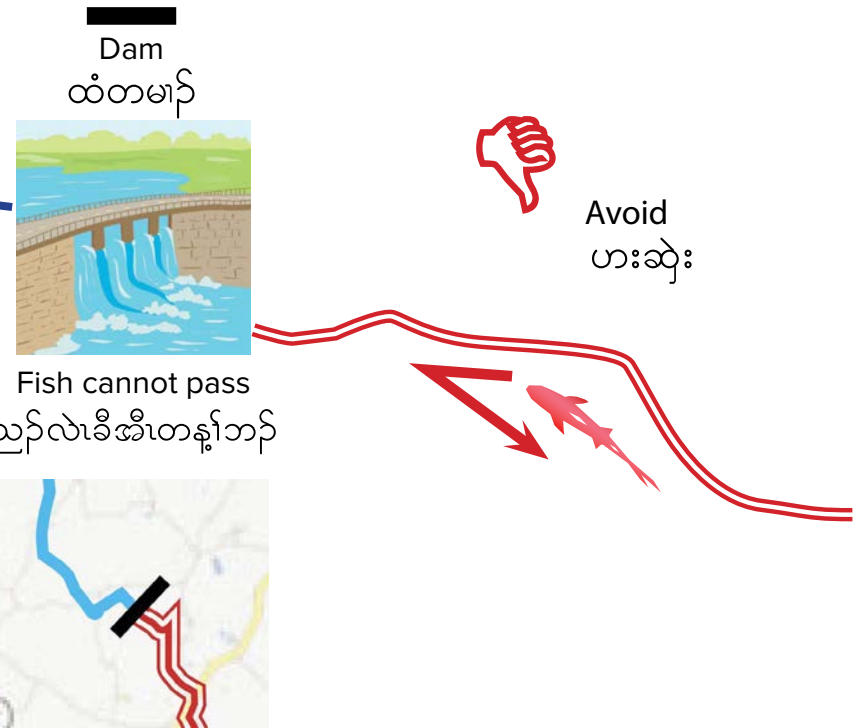
သူဟီဉ်ခိဉ်ဂီတၢ်သမံသမိးတၢ်ဟ့ဉ်ကူဉ်လၢခံခိယၢ်ပအိဉ်ဝဲလီဆီဘဉ်ဃးဒီးတၢ်လၢအတြီဃာ်တၢ်



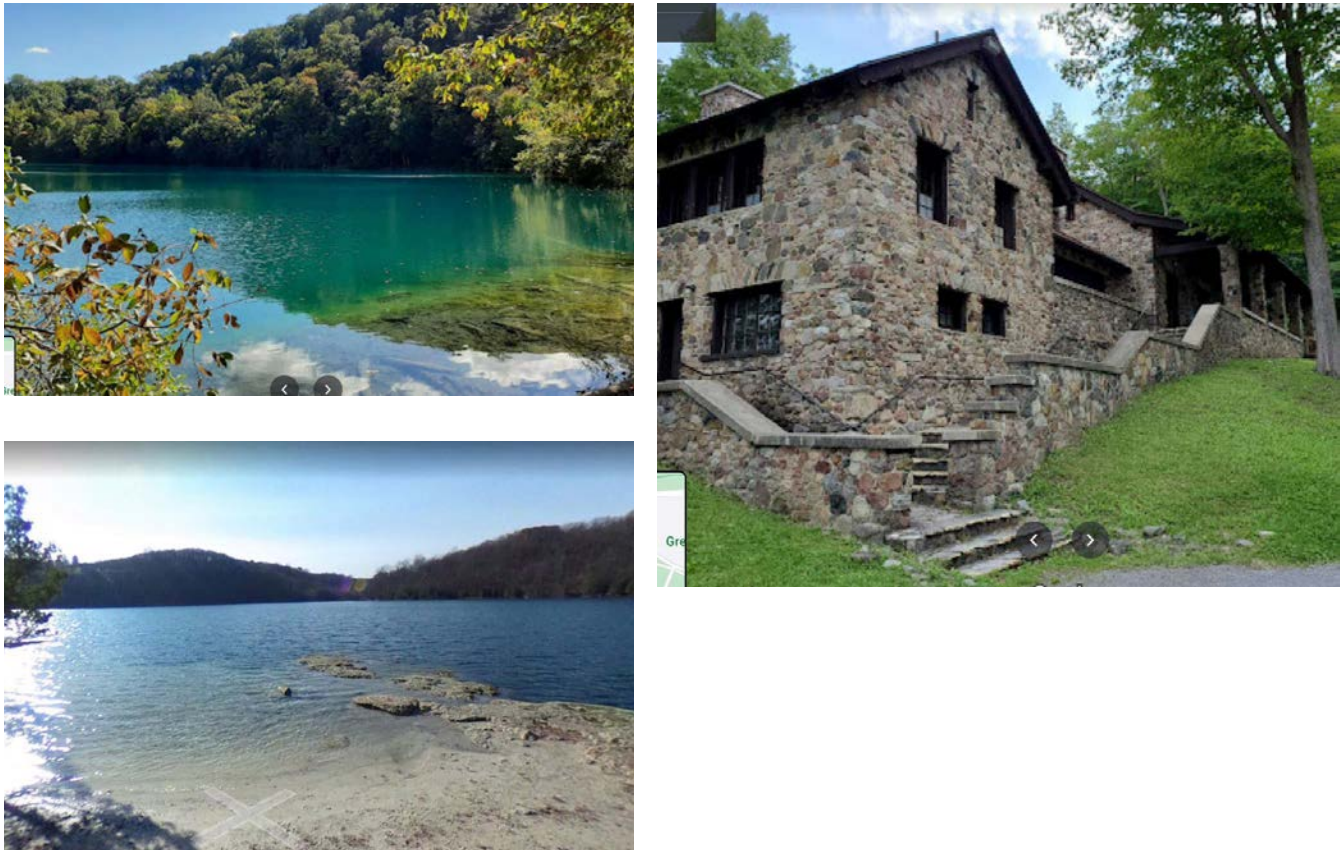
#1 Cedar Bay - Limestone Creek Aqueduct



#2 Old Erie Canal



#3 Green Lake State Park



#4 Cazenovia Lake



#5 Seneca River - Above the Falls



#6 Seneca River - Cross Lake



#7 Oneida River - Caughdenoy Dam Oneida Side



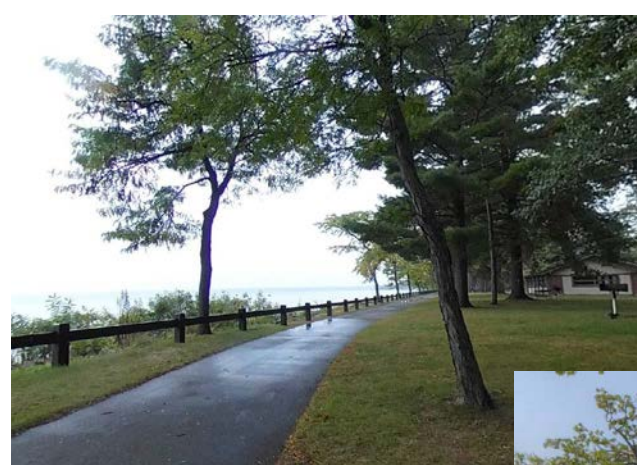
Oneida Side



#8 Oneida River - Lock 23 Brewerton



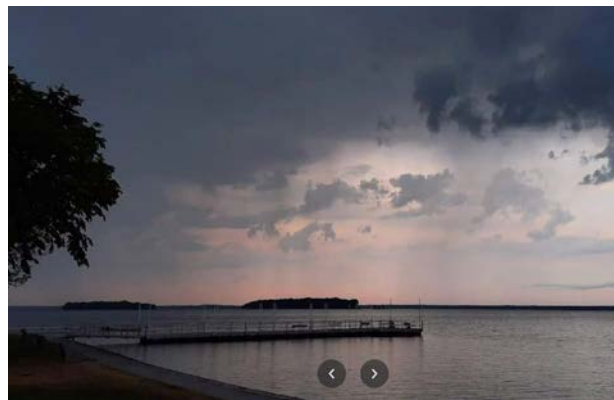
#9 Oneida Lake - Verona Beach



#10 Oneida Lake - Fish Creek - Sylvan Beach



#11 Oneida Lake - Joseph William Park



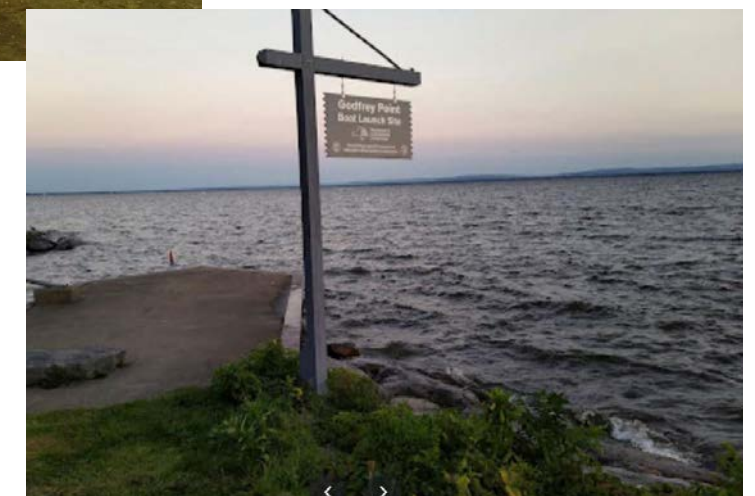
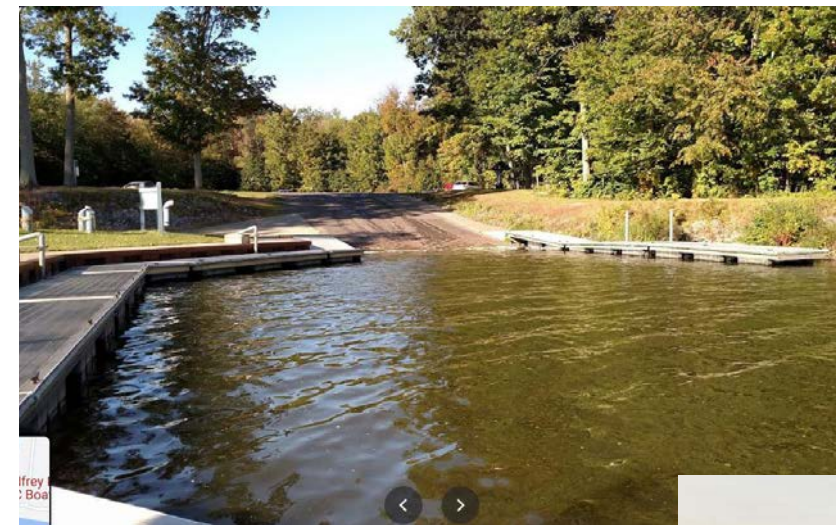
#13 Oneida Lake - South Shore Fishing Access



#12 Oneida Lake - Oneida Shores Park



#14 Oneida Lake - Godfrey Point



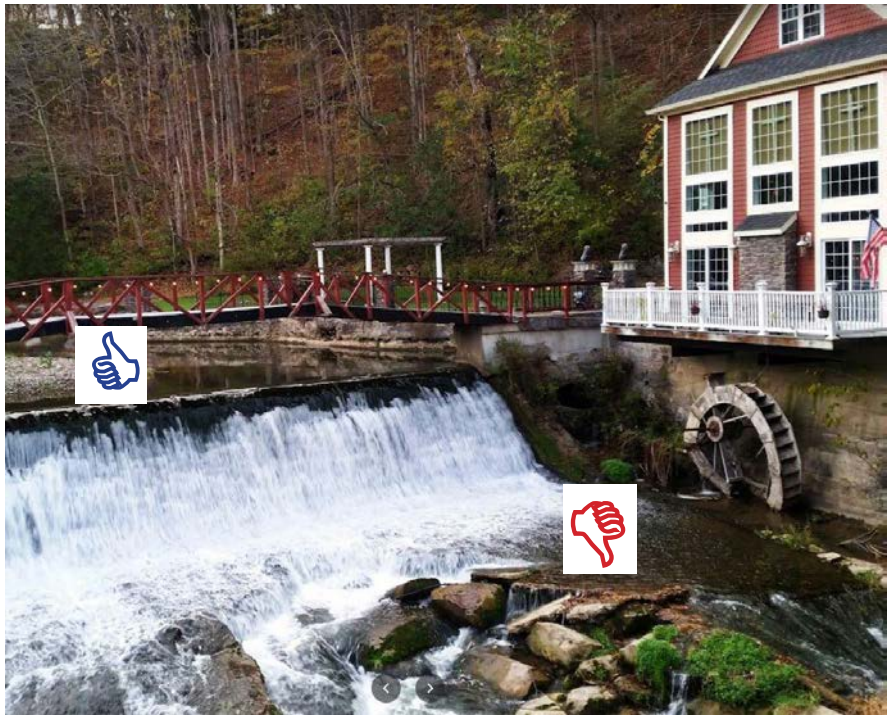
#15 Otisco Lake



#17 Onondaga Creek - Below Dorwin Ave



#16 Nine Mile Creek - Above the Falls



#18 Skaneateles Lake



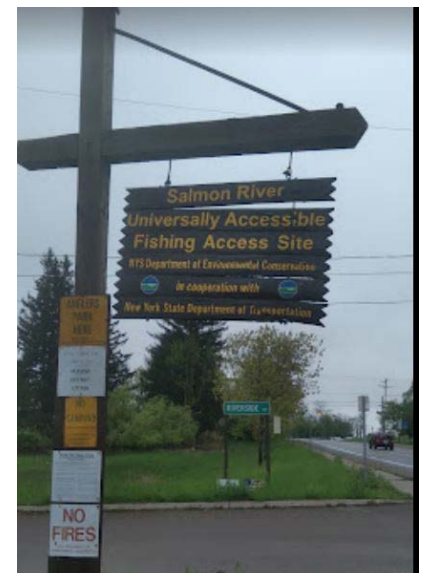
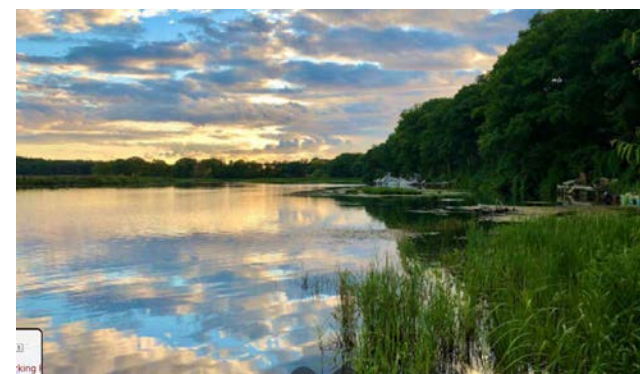
Lake Ontario & Salmon River #23, #24, #25, #26



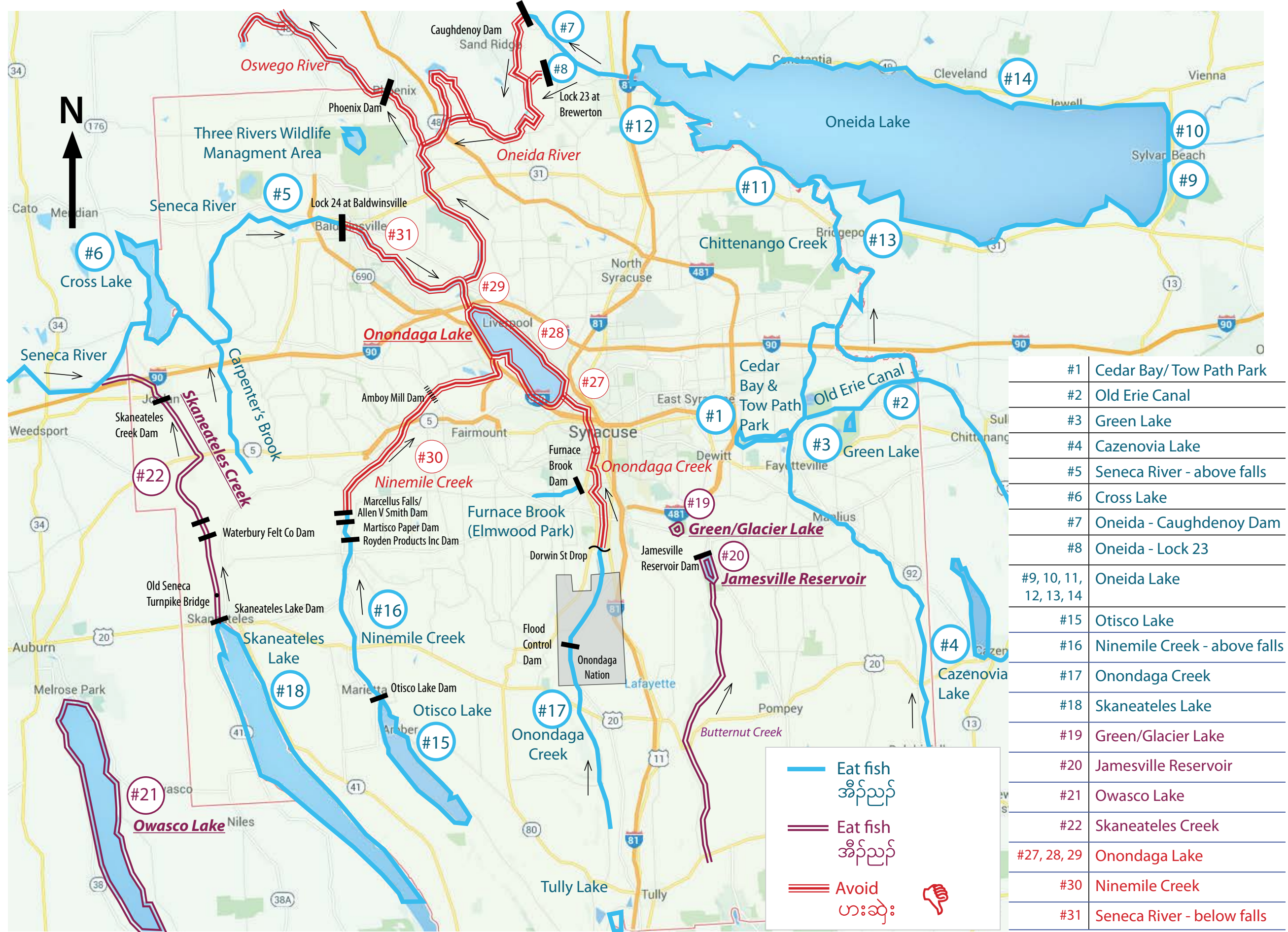
#23 Grindstone Creek - Lake Ontario - Selkirk Shores State Park



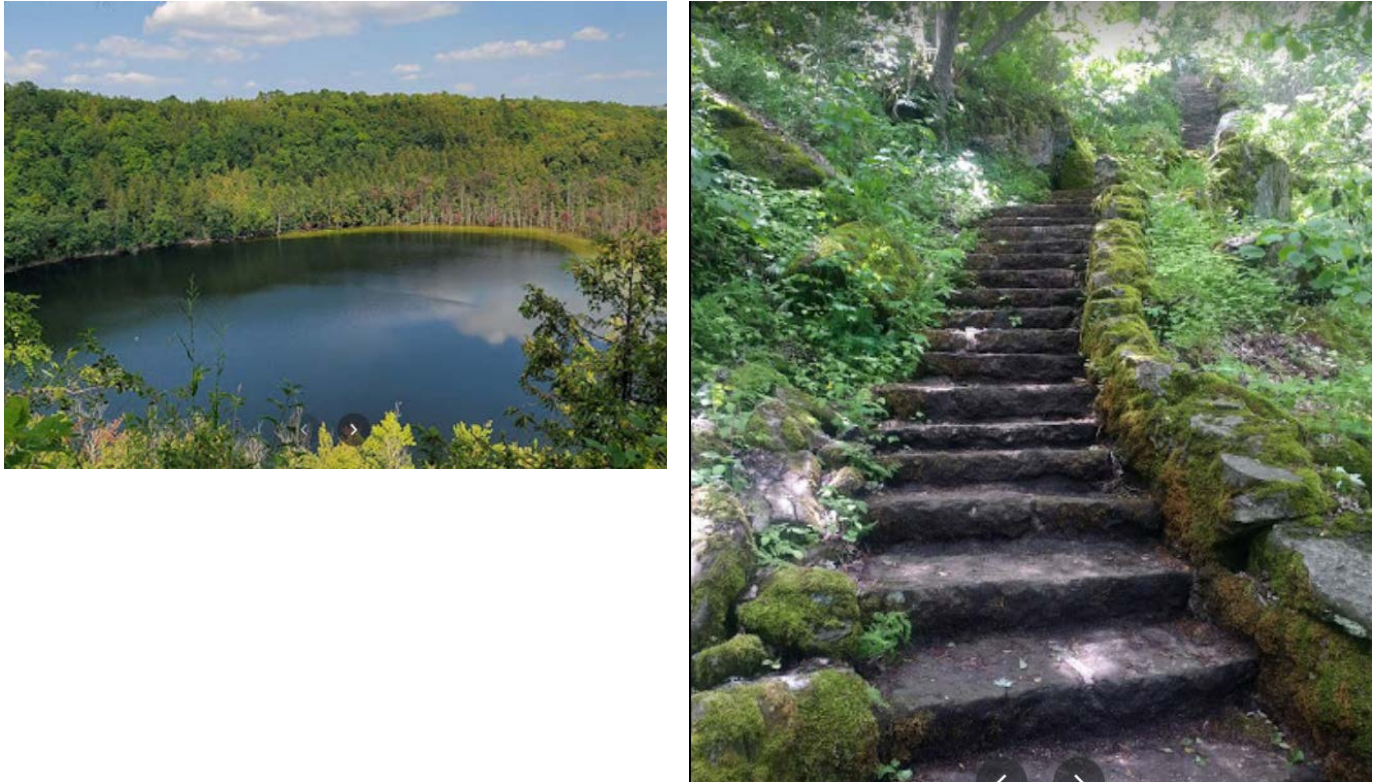
#24 Salmon River - Lake Ontario - Pulaski



Onondaga County Fishing Waters*



#19 Green - Glacier Lake



#21 Owasco Lake



#20 Jamesville Reservoir



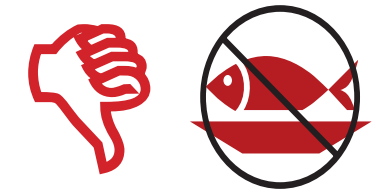
#22 Skaneateles Creek



#25 Salmon River - Lake Ontario - The Staircase



#27 Syracuse Inner Harbor - Onondaga Creek - Onondaga Lake



Don't Eat Any Fish

အိတ်ညာနိတ်တကလုာ်တဂု

Most chemicals (က်အစုာ်အပျာ်အအါကတာ်)

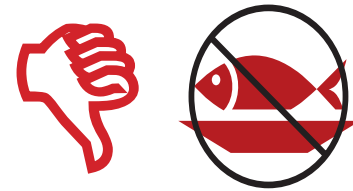
#26 Sandy Creek - Lake Ontario - Exit 41



#28 Onondaga Lake Park



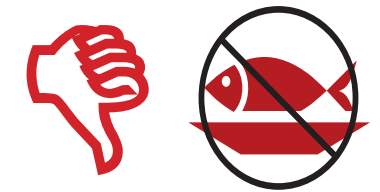
#29 Sawmill Creek - Onondaga Lake



Don't Eat Any Fish
အိပ်ညှပ်နီတကလတ်တရု

Most chemicals (က်အစုဉ်အပျ်အအါကတၢ်)

#31 Seneca River - Below the Falls



Don't Eat Any Fish
အိပ်ညှပ်နီတကလတ်တရု

Most chemicals (က်အစုဉ်အပျ်အအါကတၢ်)

#30 Ninemile Creek - Onondaga Lake ("Three River")



Use the map and fish tables to find which fish are good to eat.

စူးကါ ဟိပ်ခိပ်ဂီဒီး ညှပ်အတက်ွဲးရဲပ်တဖပ် ဒ်သီးနကသုဉ်ညါဘဉ် ညှပ်မနုနုန ပအိဉ်အီၤဂ့ၤလဲဉ်တက့ၢ်.

Look at the fish pictures and find the fish you caught.

ကွၢ်ဘဉ် ညှပ်အဂီၤတဖၣ်ဒီး ယုသုဉ်ညါညှပ်လၢ နဖိဉ်နုနုအီၤအဂ့ၢ်တက့ၢ်.



Older people
ပုၤသုဉ်ကုသးပုၢ်

Channel catfish

Whole family
ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ

Check the map. If you caught the fish from a **blue** outlined water, follow the blue advice.

ကွၢ်ထံ ဟိပ်ခိပ်ဂီၤတက့ၢ်. နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်လါအဲး** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟံဉ်မၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢ တၢ်ကွဲးအီၤလၢ အလွဲၢ်လါအဲးန့ဉ်တက့ၢ်.

Blue waters

ထံလၢအလါအဲး

Older people ပုၤသုဉ်ကုသးပုၢ်	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

If you caught the fish from a **purple** outlined water, follow the purple advice.

နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်လူး** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟံဉ်မၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်လူးန့ဉ်တက့ၢ်.

Purple waters

ထံလၢအဂီၤလူး

Older people ပုၤသုဉ်ကုသးပုၢ်	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

Avoid the red outlined waters when possible. They have more chemicals. If you caught a fish from a **red** outlined water, follow the red advice.

မ့ၢ်သုးဟးဆဲး ထံလၢအလွဲၢ်ဂီၤတဖၣ်တက့ၢ်. အဝဲသုဉ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိဉ်အါမးလီၤ. နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်ဂီၤ** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟံဉ်မၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်ဂီၤန့ဉ်တက့ၢ်.

Red waters

ထံလၢအဂီၤ

Older people ပုၤသုဉ်ကုသးပုၢ်	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

Older people
ပုၤသုဉ်ကုသးပုၢ်

Channel catfish

Whole family
ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ

1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

Quillback

4 meals a month အိဉ်ညဉ်န့ၢ်ဆူၤတလါ(၄)ဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
4 meals a month အိဉ်ညဉ်န့ၢ်ဆူၤတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူၤလါတဘျီ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

*Advice is simplified *တၢ်ဟ့ဉ်ကုဉ်တဖၣ်န့ဉ် ဘဉ်တၢ်ဟံဉ်ဖျါအီၤညီညီဖိလီၤ



Older people
ပုသွန်ကွသးပု

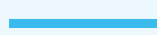


Largemouth bass



Whole family
ဟံးဒုးယီထီးဒီးဒုးညါ

4 meals a month
အိးညးနးဆုတလါ(၄)ဘျီ



1 meal a month
အိးညးနးဆုတလါတဘျီ

4 meals a month
အိးညးနးဆုတလါ(၄)ဘျီ



1 meal a month
အိးညးနးဆုတလါတဘျီ

1 meal a month
အိးညးနးဆုတလါတဘျီ



0 DON'T EAT
အိးအီးတဂု

*Advice is simplified *တံးဟံးကုးတဖးနး ဘဲးတံးဟံးဖျါအီးညးညးဖိလီ



Sunfish

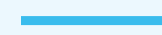


Older people
ပုသွန်ကွသးပု



Whole family
ဟံးဒုးယီထီးဒီးဒုးညါ

4 meals a month
အိးညးနးဆုတလါ(၄)ဘျီ



4 meals a month
အိးညးနးဆုတလါ(၄)ဘျီ

4 meals a month
အိးညးနးဆုတလါ(၄)ဘျီ



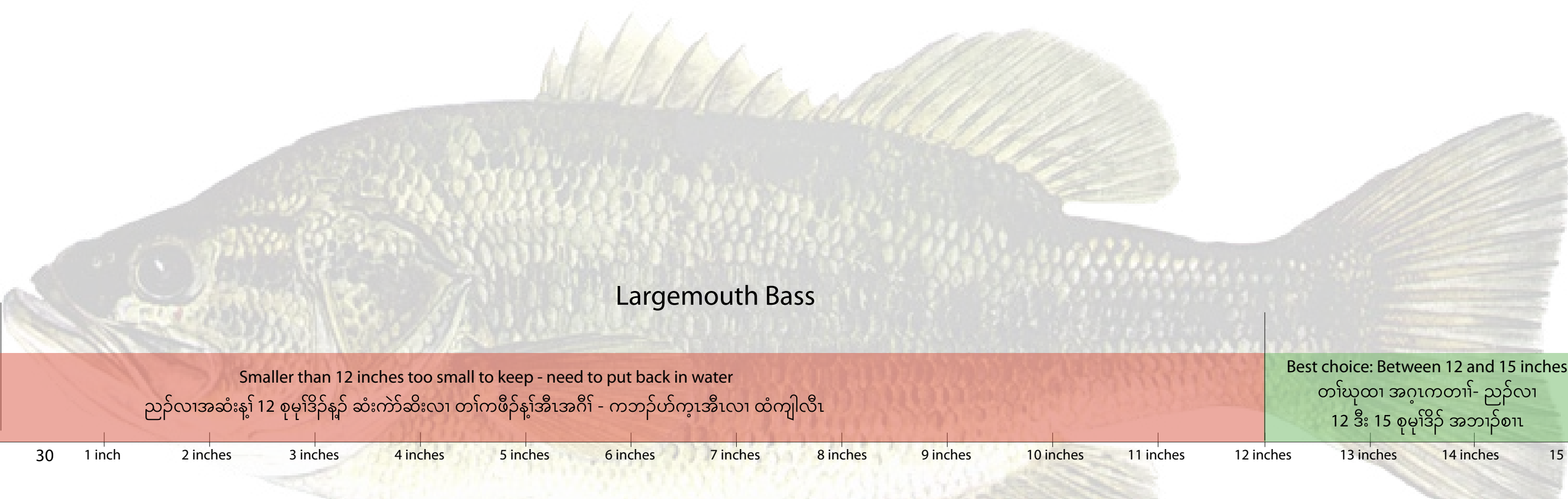
1 meal a month
အိးညးနးဆုတလါတဘျီ

4 meals a month
အိးညးနးဆုတလါတဘျီ



0 DON'T EAT
အိးအီးတဂု

*Advice is simplified *တံးဟံးကုးတဖးနး ဘဲးတံးဟံးဖျါအီးညးညးဖိလီ



Largemouth Bass

Smaller than 12 inches too small to keep - need to put back in water

ညးလါအဆးနး 12 စုမုဒ်နး ဆးကဲးဆီးလါ တံးကဖိးနးအီးအီးဂီ - ကဘဲးဟံးကုးအီးလါ ထံကျါလီ

Best choice: Between 12 and 15 inches

တံးဟုထါ အဂုကတါး- ညးလါ

12 ဒီး 15 စုမုဒ် အဘါးစါ

30 1 inch 2 inches 3 inches 4 inches 5 inches 6 inches 7 inches 8 inches 9 inches 10 inches 11 inches 12 inches 13 inches 14 inches 15 inches 16 inches



Yellow perch

4 meals a month အိပ်ညှပ်နှံဆူတလိ(၄)ဘို့ 		4 meals a month အိပ်ညှပ်နှံဆူတလိ(၄)ဘို့
1 meal a month အိပ်ညှပ်နှံဆူလိတဘို့ 		1 meal a month အိပ်ညှပ်နှံဆူလိတဘို့
1 meal a month အိပ်ညှပ်နှံဆူလိတဘို့ 		0 DON'T EAT အိပ်အီတဂ့

*Advice is simplified

*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညိညိမိလီၤ

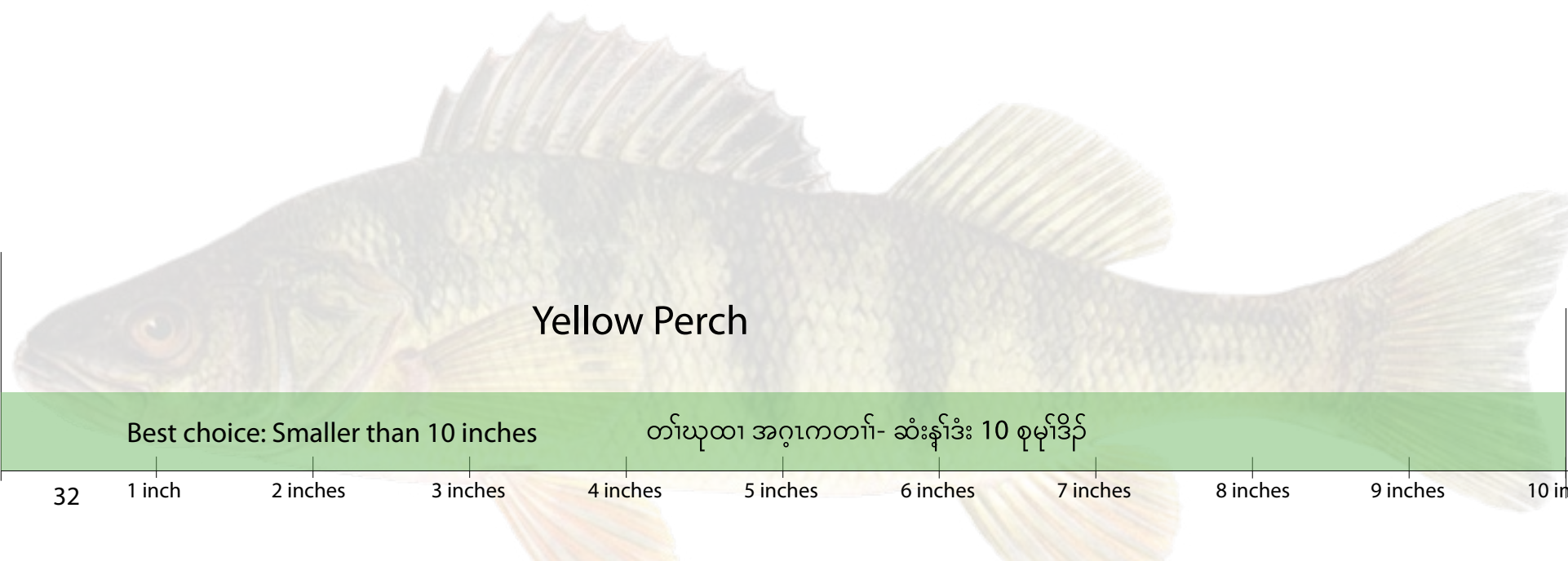


Carp

4 meals a month အိပ်ညှပ်နှံဆူတလိ(၄)ဘို့ 		1 meal a month အိပ်ညှပ်နှံဆူလိတဘို့
1 meal a month အိပ်ညှပ်နှံဆူလိတဘို့ 		0 DON'T EAT အိပ်အီတဂ့
0 DON'T EAT အိပ်အီတဂ့ 		0 DON'T EAT အိပ်အီတဂ့

*Advice is simplified

*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညိညိမိလီၤ



Older people ပုၤသျှၢ်ကွၢ်သးပုၤ	Smaller walleye	Whole family ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ
4 meals a month အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	————	1 meal a month အိၣ်ညါန့ၣ်ဆူတလါတဘျီ
4 meals a month အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	=====	1 meal a month အိၣ်ညါန့ၣ်ဆူတလါတဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	=====	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

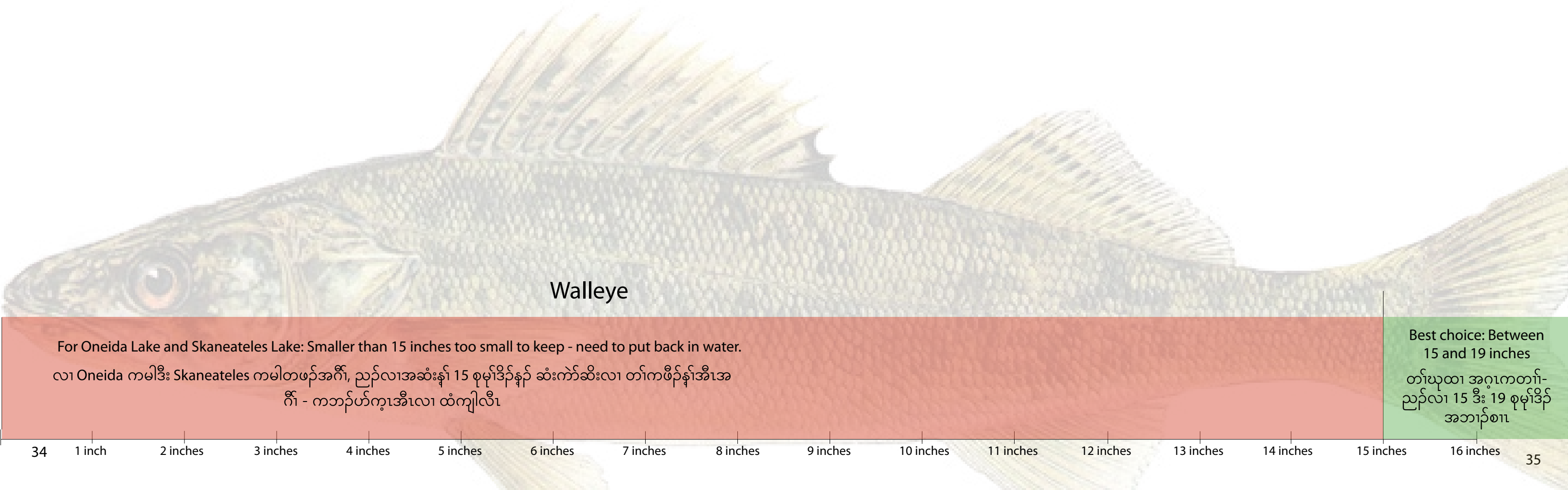
*Advice is simplified

*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညါဖိလီၤ

Older people ပုၤသျှၢ်ကွၢ်သးပုၤ	Steelhead	Whole family ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ
4 meals a month အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	————	1 meal a month အိၣ်ညါန့ၣ်ဆူတလါတဘျီ
4 meals a month အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	=====	1 meal a month အိၣ်ညါန့ၣ်ဆူတလါတဘျီ
1 meal a month အိၣ်ညါန့ၣ်ဆူတလါတဘျီ	=====	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

*Advice is simplified

*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညါဖိလီၤ





Older people
ပုသျှန်ကွသးပု



Coho salmon



Whole family
ဟံးဒုးပီထီးဒီးဒုးညါ

4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိးညးန့ဆုတလါဘျီ
4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိးညးန့ဆုတလါဘျီ
0 DON'T EAT အိးအိတဂု	===	0 DON'T EAT အိးအိတဂု



Chinook salmon



4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိးညးန့ဆုတလါဘျီ
4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိးညးန့ဆုတလါဘျီ
1 meal a month အိးညးန့ဆုတလါဘျီ	===	0 DON'T EAT အိးအိတဂု



Older people
ပုသျှန်ကွသးပု



Rudd



Whole family
ဟံးဒုးပီထီးဒီးဒုးညါ

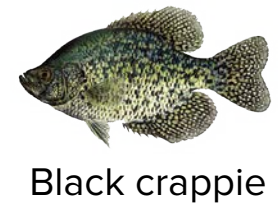
4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိးညးန့ဆုတလါဘျီ
4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိးညးန့ဆုတလါဘျီ
1 meal a month အိးညးန့ဆုတလါဘျီ	===	0 DON'T EAT အိးအိတဂု



Greater redhorse



4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိးညးန့ဆုတလါဘျီ
4 meals a month အိးညးန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိးညးန့ဆုတလါဘျီ
1 meal a month အိးညးန့ဆုတလါဘျီ	===	0 DON'T EAT အိးအိတဂု



4 meals a month အိပ်ညဉ်န့ဆူတလါ(၄)ဘျီ	—	1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ
4 meals a month အိပ်ညဉ်န့ဆူတလါ(၄)ဘျီ	==	1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ
1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ	==	0 DON'T EAT အိပ်အီတဂု

Fish you buy

ညဉ်လာနပွအိပ်

Choose fish that are lower in mercury especially for women who are pregnant or breastfeeding and for young children.

လီဆီဘဉ်ယဉ်ဒီးပုဟိမုဉ်မိအ၊မုတမုဉ်မိလားဒီးအိမိန့၊ဒီးမိသဉ် သုဉ်တဖဉ်ယုထာအိပ်ညဉ်လာမဉ်စုဉ်ရံဉ်စု

Fish are an excellent source of protein, healthy fats, and are good for the whole family.

ညဉ်န့ဉ်ဂုဒိဉ်မးလာယုထံဉ်န့အိပ်ဖရိဉ်ထံ(န).ဒီးဂုလဟံဉ်ဖိယီဖိမဲလဉ်အဂီန့ဉ်လီ.



Most fish from stores are a very healthy choice

အါတက့ဉ်ညဉ်လာတဉ်ဆါတဉ်ပုအလီန့ဉ်ဂုဒီးမးလာတဉ်အိပ်ဆူအိပ်ချတဉ်ယုထာအဂီန့ဉ်လီ.



1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ	—	1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ
1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ	==	1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ
1 meal a month အိပ်ညဉ်န့ဆူတလါဘျီ	==	0 DON'T EAT အိပ်အီတဂု



*Advice is simplified

*တဉ်ဟံးကုဉ်တဖဉ်န့ ဘဉ်တဉ်ဟံးဖျါအီညီညီဖိလီ

ကွ်ဘဉ်ဘိဒ်အိဉ်အံၤ လၢကမၤလိသ့ညါ
ဘဉ် ကဘဉ်စူးကါတၢ်ဟ့ၣ်ကူၣ်ဒ်လဲၣ်တက့ၢ်-

**Watch this video to learn
how to use the advice
health.ny.gov/fish/karen.htm**



ပအိဉ်ဒီးတၢ်န့ၣ်ကျဲတဖၣ်လၢ Syracuse လီၤကဝီၤ, ဝံၣ်ခိဉ် လီၤကဝီၤ, Buffalo, Utica, ဒီး
Rochester အဂီၢ်န့ၣ်လီၤ.

We have guides for the Syracuse area, Capital Region, Buffalo, Utica, and Rochester.

**New York State Department of Health
Fish Advisory Outreach Program
HRFA@health.ny.gov
518-402-7530
health.ny.gov/fish/karen.htm**