

**Where Can the Whole Family Eat Fish?**

ဟံၣ်ဖိယီဖိခဲလၢာ်အိၣ်ညၣ်န့ၣ်ဖဲလဲၣ်

# Utica

## Area Guide

Karen



Department  
of Health

နယူယိုၣ်ကီၢ်စၢ်ဝဲၣ်ကျိၤဘၣ်ယၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

Fishing is a fun and healthy activity.

တစ်ခွဲညှပ်နဲ့မှတ်တမ်းမမှတ်သေးဘဲအိပ်ဆုတ်အိပ်ချတာဟူးတာကလေးနဲ့လဲ



Eating fish can be very good for you.

အိပ်ညှပ်နဲ့ဂုဏ်သုခိဗ်မေးလာနဂီနဲ့လဲ



Fish is high in protein and part of a healthy diet.

ညှပ်နဲ့အါဝဲဒင်ဖရိုက်ထံ(န)ဒီးတံအိပ်တံခါလေးနူးနူးဂါဘါတံအိပ်ဆုတ်အိပ်ချ နဲ့လဲ



But some fish caught in New York can have chemicals.

ဘဉ်ဆဉ်ဖိဉ်နဲ့ညဉ်တနီလဲ(နယူယိုဉ်)နဲ့အိဉ်ယုဉ်သုဒီးကံအစဉ်အပျဉ်နဲ့လဲ

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



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

နထံဉ်အိဉ်တသုဘဉ်,တနာဘဉ်အိဉ်ဘဉ်,ဒီးလုဉ်ကွါအိဉ်ဒီးတသုဉ်ညါလဲကံအစဉ်အပျဉ်အိဉ်ယုဉ်လဲညဉ်ကျါဘဉ်

cannot see  
ထံဉ်နဲ့အိဉ်တသုဘဉ်

cannot smell  
နာဘဉ်အိဉ်တသုဘဉ်

cannot taste  
လုဉ်ဘဉ်အိဉ်တသုဘဉ်

Chemicals in fish can be bad for your health.

ကံအစဉ်အပျဉ်အိဉ်ယုဉ်လဲညဉ်ကျါနဲ့မအါမသီနတံအိဉ်ဆုဉ်အိဉ်ချ သုနဲ့လဲ

- Chemicals can affect babies more than adults.  
ကံအစဉ်အပျဉ်နဲ့မဘဉ်ဒီဖိသဉ်အါနဲ့ပုသေးပုသုနဲ့လဲ
- Large amounts of chemicals can affect a child's ability to learn.  
အိဉ်ဘဉ်ကံအစဉ်အပျဉ်အါနဲ့မဘဉ်ဒီသုဝဲ  
ဖိသဉ်တံသုတံဘဉ်လဲကမလိတံနဲ့လဲ





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 ပျိုသ့ၣ်စၢ်သးဘီၣ်တဖန်ကတၢၢ်, လီၤဆီဒၣ်တင် ဟံၣ်မ့ၢ်တဖန်ဒီး ဖိဒံဖိသ့ၣ်တဖန်အဃိ, ဟံၣ်ဖိဃိဖိတဖန်န့ၣ် ကြၢးအိပ်ဝဲဒၣ် ညဉ်စ့ၤစ့ၤလီၤ.

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

ပျိုသ့ၣ်က့ၤသးပျိုတဖန်န့ၣ် အိပ်ဝဲဒၣ်ညဉ်အါအါသ့ မ့ၢ်လၢ ကံအတၢ်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မၤဘၣ်ဒိဆါ အဝဲသ့ၣ်အတၢ်အိပ်ဆူၣ်အိပ်ချ့ အါကံဆိး 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 ညဉ်မန့ၤတဖန် 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.

နမ့်ဃုထာလာ ကဖီအိပ်ညှပ်ဒီတဘျဉ်, တၢ်ထံမ့ၢ်ဂ့ၤ ကသုမ့ၢ်ဂ့ၤန့ၣ်, ဃုထာညှပ်လာ အိၣ်လာထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညှပ်တဖၣ်အံၤ ကံအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လာ အသိဒီး အဖံးပူၤန့ၣ်လီၤ.



Blue waters  
ထံလာအလါအဲး

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.

နမ့်ဃုအိၣ်ညှပ်လာ ထံအလွဲၢ်လူးအပူၤန့ၣ်, နကဘၣ်မၤကဆိကွံၣ် အသိဒီး အဖံးလာညှပ်အပူၤလီၤ. ညှပ်တဖၣ်လာအိၣ်လာ ထံအလွဲၢ်လူးအပူၤန့ၣ် ကံအတၢ်ဖိတၢ်လံၤတဖၣ်အိၣ်ဝဲဒၣ်လာ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတဲာ်ဒီး အိးကွံၣ်အဖံးလာန့ၣ်အပူၤ ဒ်သိးကံအတၢ်ဖိတၢ်လံၤကစ့ၤလီၤအဂီၢ်တက့ၢ်.

Purple waters  
ထံလာအဂီၢ်လူး

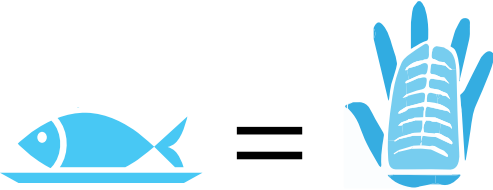
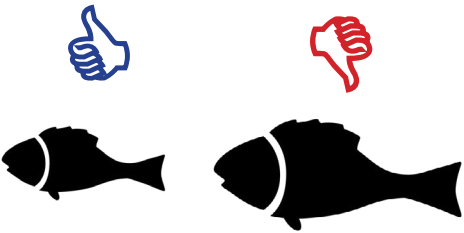


Why we have advice  
ဘၣ်မနုၤအဃိ ပဘၣ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

- This is to protect people from chemicals that might be in fish.  
တၢ်အံၤကဒီသအပူၤဂီၢ်မုၢ်လၢကံအစုၣ်အပျၢ်အိၣ်ယုၣ်သ့လၢညှပ်ကျါ
- 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 ဒ်သိးခဲစၢ်န့ၣ်လီၤ.
- It's ok to eat fish from the store more often.  
အိၣ်ခ့ၣ်အိၣ်ညှပ်ညီန့ၢ်အါဘျီလၢတၢ်ဆါတၢ်ပွၤအလီၢ်.

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

ညှပ်လာအဆံးအိၣ်စ့ၤဒီးကံအစုၣ်အပျၢ်ဆံးန့ၣ်ညှပ်ဖးဒိၣ်



1 fish meal  
အိၣ်ညှပ်န့ၢ်တဘျီ.

about the size of an  
adult hand  
ပုၤသးပျၢ်စုညါတခီယၣ်ယၣ်.

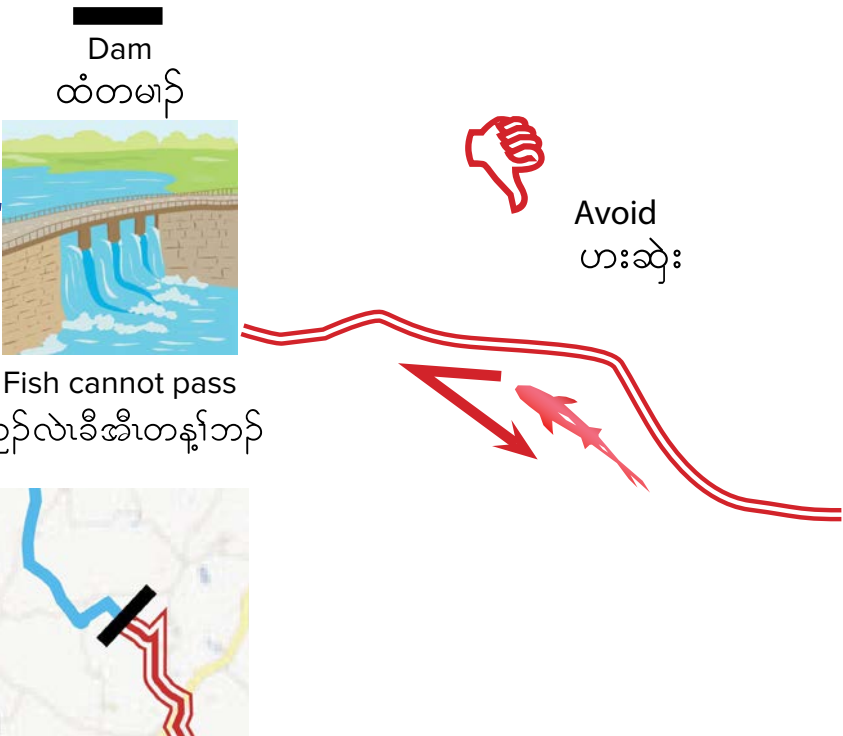
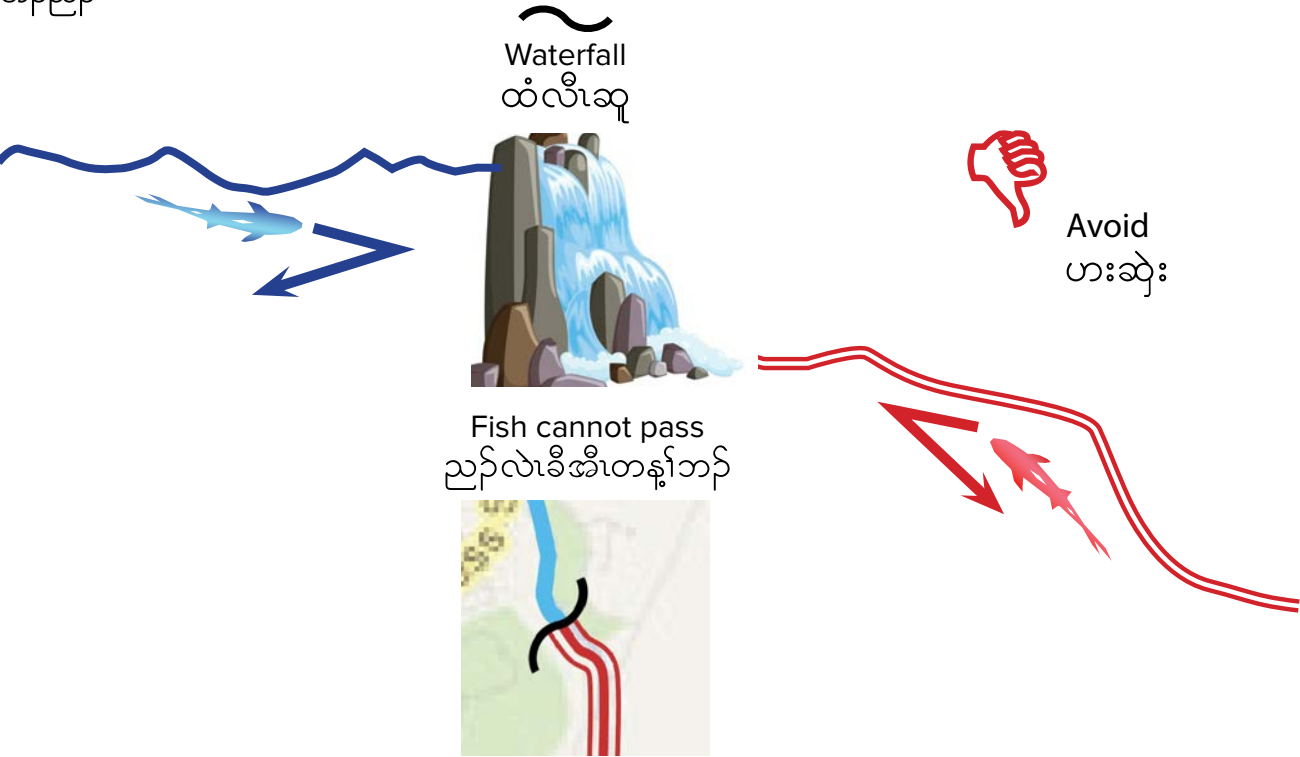


Waterfalls and dams can stop fish.

ထံလီဆူဒီးထံတမာဒီးသအညဉ်သုဝဲန့ဉ်လီ

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

သူဟီဉ်ခိဉ်ဂီတၢ်သမံသမိးတၢ်ဟ့ဉ်ကူဉ်လၢခံခိယၢ်ပအိဉ်ဝဲလီဆီဘဉ်ဃးဒီးတၢ်လၢအတြီဃာ်တၢ်



#1 Oneida Lake - Verona Beach State Park



#2 Oneida Lake - Sylvan Beach





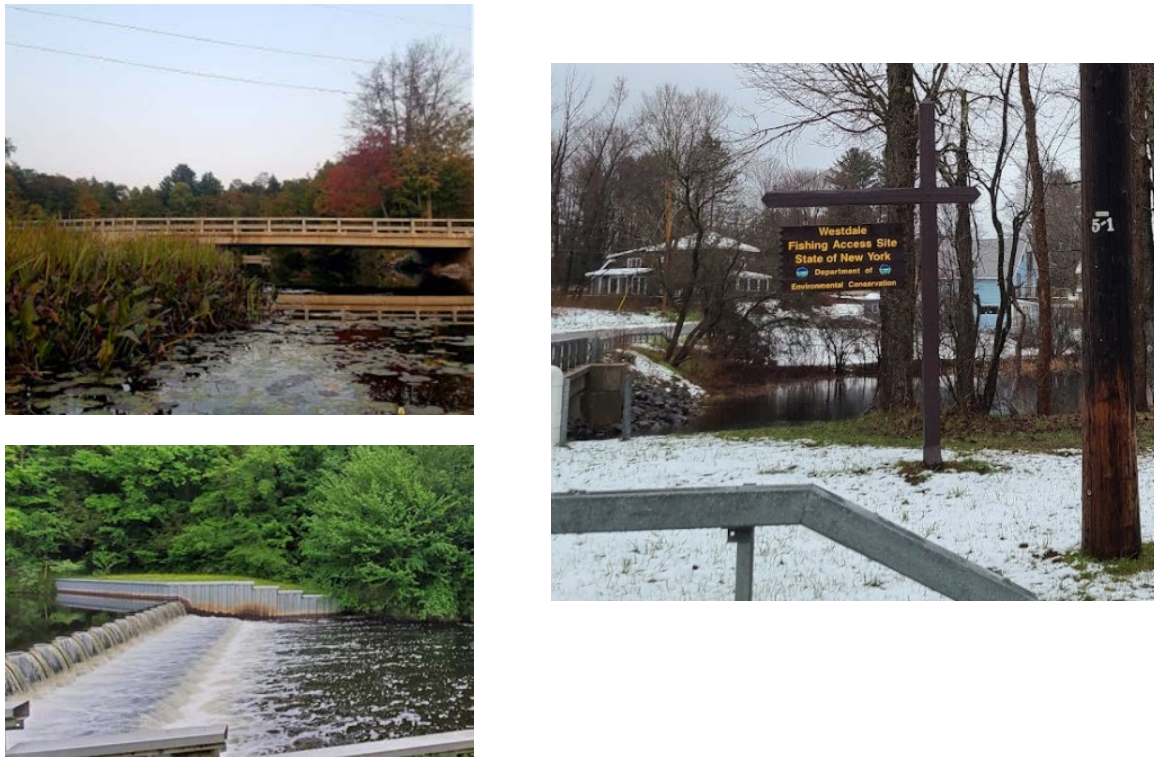
#3 Oneida Lake - Godfrey Point



#5 West Branch Fish Creek - Trestle Road Camden



#4 West Branch Fish Creek - Cemetery Road Westdale



#6 West Branch Fish Creek Blossvale





# #7 Point Rock Creek - Swimming Basin



# #9 West Canada Creek Fishing Access - Poland



# #8 Forestport Reservoir

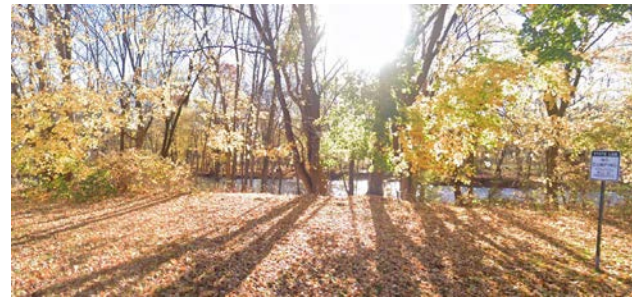


# #10 West Canada Creek Fishing Access - Graves Road

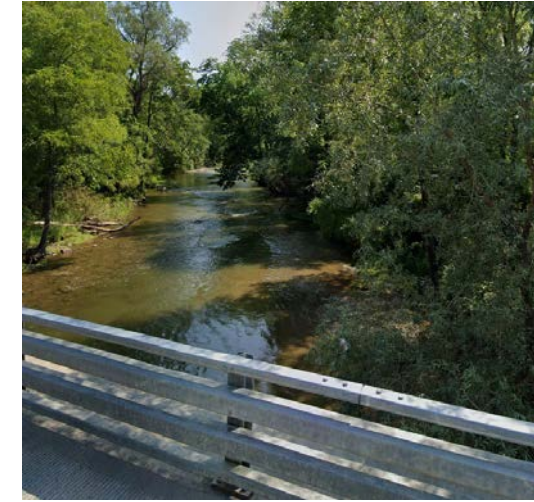




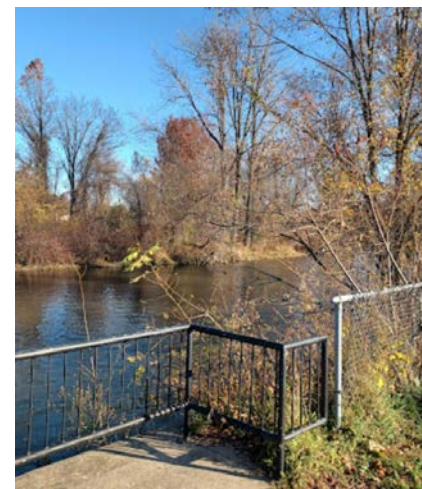
### #11 Mohawk River - Riverside Park



### #13 Oriskany Creek - Angler Parking Area



### #12 Mohawk River - Pinti Field



### #14 Chittning Pond

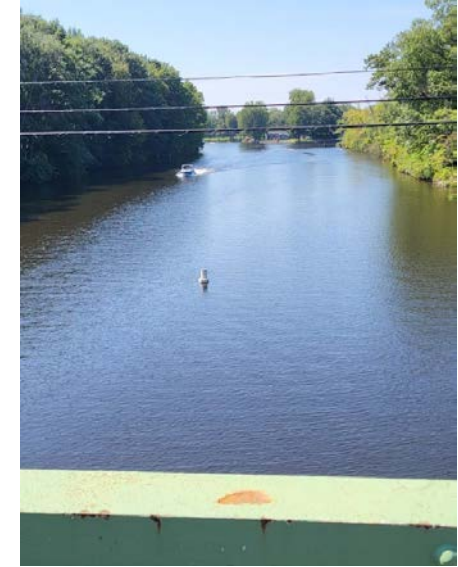




## #15 Delta Lake Park



## #17 Erie Canal - Cove Road State Boat Launch



## #16 Kayuta Lake

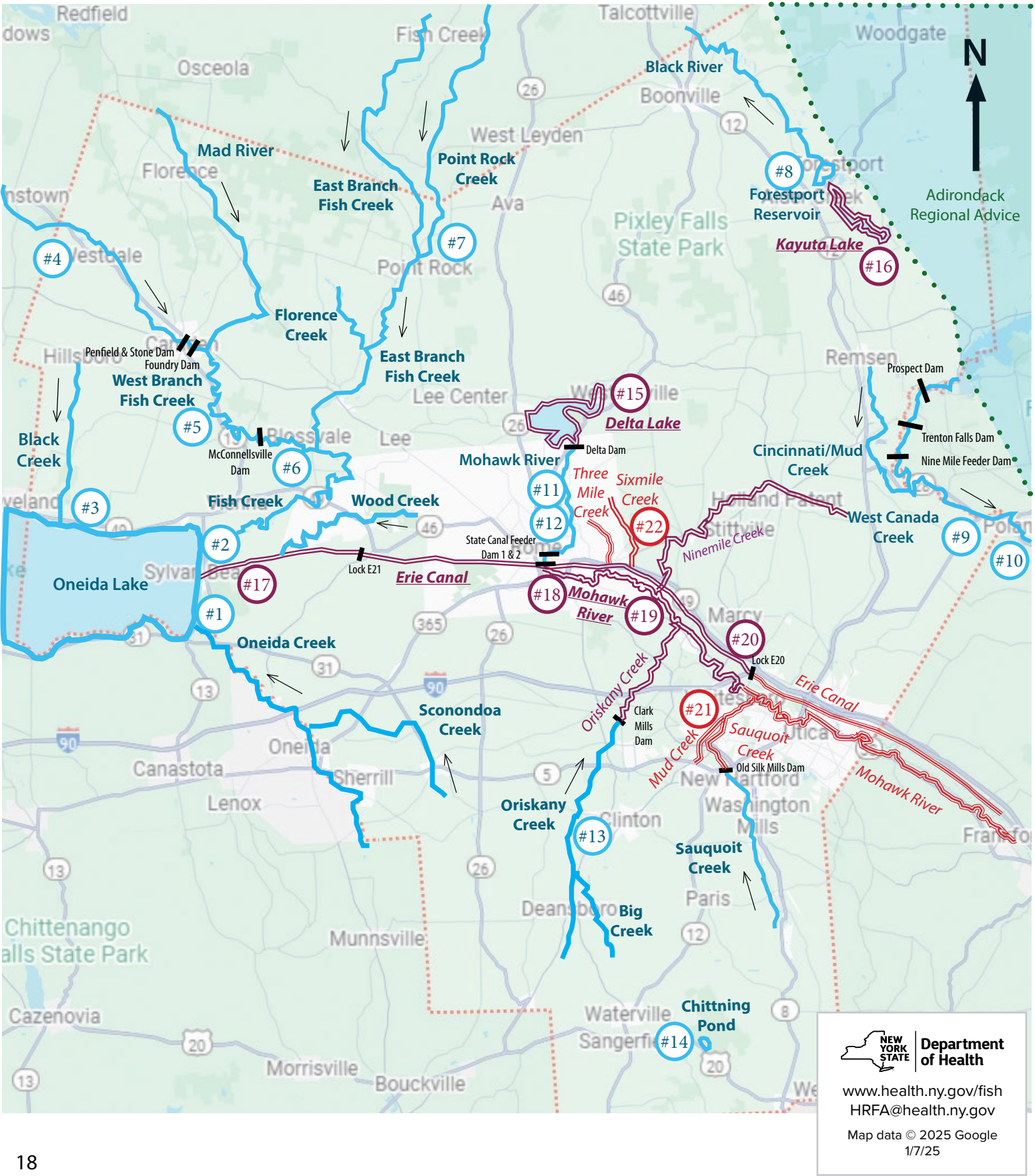


## #18 Erie Canal - Bellamy Harbor Park





# Oneida County Fishing Waters



|             |                        |
|-------------|------------------------|
| #1, 2, 3    | Oneida Lake            |
| #4, 5, 6    | West Branch Fish Creek |
| #7          | Point Rock Creek       |
| #8          | Forestport Reservoir   |
| #9, 10      | West Canada Creek      |
| #11, 12     | Mohawk River           |
| #13         | Oriskany Creek         |
| #14         | Chittning Pond         |
| #15         | Delta Lake             |
| #16         | Kayuta Lake            |
| #17, 18, 20 | Erie Canal             |
| #19         | Mohawk River           |
| #21         | Sauquoit Creek         |
| #22         | Sixmile Creek          |

Eat fish

အိတ်ညဉ်

Eat fish

အိတ်ညဉ်

Avoid

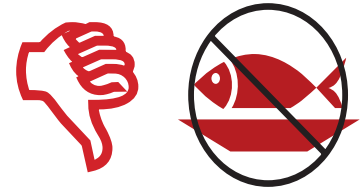
ဟးဆဲး



## #19 Mohawk River - Oriskany Flats



## #21 Sauquoit Creek - Dunham Manor Park



**Don't Eat Any Fish**

အိတ်ညာ်နီတကလုာ်တဂု

Most chemicals (ဂ်အစုာ်အပျ်အအါကတၢ်)

## #20 Erie Canal - Lock 20 State Canal Park



## #22 Sixmile Creek





Use the map and fish tables to find which fish are good to eat.  
စူးကါ ဟိပ်ခိန်ဂီဒီး ညဉ်အတၢ်ကွဲးရဲၣ်တဖၣ် ဒ်သီးနကသ့ၣ်ညါဘၣ် ညဉ်မနုၤန့ၣ် ပအိၣ်အီၤဂ့ၤလဲၣ်တက့ၢ်.

Look at the fish pictures and find the fish you caught.  
ကွၢ်ဘၣ် ညဉ်အဂီၤတဖၣ်ဒီး ဃုသ့ၣ်ညါညဉ်လၢ နဖီၣ်န့ၣ်အီၤအဂ့ၢ်တက့ၢ်.





Older people  
ပုၤသ့ၣ်ကွဲးပုၤ



Channel catfish



Whole family  
ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

Check the map. If you caught the fish from a **blue** outlined water, follow the blue advice.  
ကွၢ်ထံ ဟိပ်ခိန်ဂီၤတက့ၢ်. နမ့ၢ်ဖီၣ်န့ၣ် ညဉ်လၢ **ထံအလွဲၣ်လါအဲး** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢ တၢ်ကွဲးအီၤလၢ အလွဲၣ်လါအဲးန့ၣ်တက့ၢ်.

Blue waters  
ထံလၢအလါအဲး



| Older people<br>ပုၤသ့ၣ်ကွဲးပုၤ           | Channel catfish | Whole family<br>ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ    |
|------------------------------------------|-----------------|------------------------------------------|
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | —               | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | ==              | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               | ===             | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               |

If you caught the fish from a **purple** outlined water, follow the purple advice.  
နမ့ၢ်ဖီၣ်န့ၣ် ညဉ်လၢ **ထံအလွဲၣ်လူး** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၣ်လူးန့ၣ်တက့ၢ်.

Purple waters  
ထံလၢအဂီၤလူး



| Older people<br>ပုၤသ့ၣ်ကွဲးပုၤ           | Channel catfish | Whole family<br>ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ    |
|------------------------------------------|-----------------|------------------------------------------|
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | —               | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | ==              | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               | ===             | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               |

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.  
မ့ၢ်သ့ဟးဆွဲး ထံလၢအလွဲၣ်ဂီၤတဖၣ်တက့ၢ်. အဝဲသ့ၣ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိၣ်အါမးလီၤ. နမ့ၢ်ဖီၣ်န့ၣ် ညဉ်လၢ **ထံအလွဲၣ်ဂီၤ** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၣ်ဂီၤန့ၣ်တက့ၢ်.

Red waters  
ထံလၢအဂီၤ



| Older people<br>ပုၤသ့ၣ်ကွဲးပုၤ           | Channel catfish | Whole family<br>ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ    |
|------------------------------------------|-----------------|------------------------------------------|
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | —               | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | ==              | 1 meal a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               | ===             | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               |



Older people  
ပုၤသ့ၣ်ကွဲးပုၤ



Brown trout



Whole family  
ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

|                                           |     |                                           |
|-------------------------------------------|-----|-------------------------------------------|
| 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | ==  | 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ                | === | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ                |



Rainbow trout



|                                           |     |                                           |
|-------------------------------------------|-----|-------------------------------------------|
| 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ | ==  | 4 meals a month<br>အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ                | === | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ                |

\*Advice is simplified      \*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ





Older people  
ပုသျှန်ကုသးပု



Yellow perch



Whole family  
ဟံးဒုးဃီထီဒီဒုးညါ

|                                       |     |                                       |
|---------------------------------------|-----|---------------------------------------|
| 4 meals a month<br>အိးညးန့ဆုတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိးညးန့ဆုတလါ(၄)ဘျီ |
| 1 meal a month<br>အိးညးန့ဆုလါတဘျီ     | ==  | 0 DON'T EAT<br>အိးအီတဂု               |
| 0 DON'T EAT<br>အိးအီတဂု               | === | 0 DON'T EAT<br>အိးအီတဂု               |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညီညီဖိလီၤ



Older people  
ပုသျှန်ကုသးပု



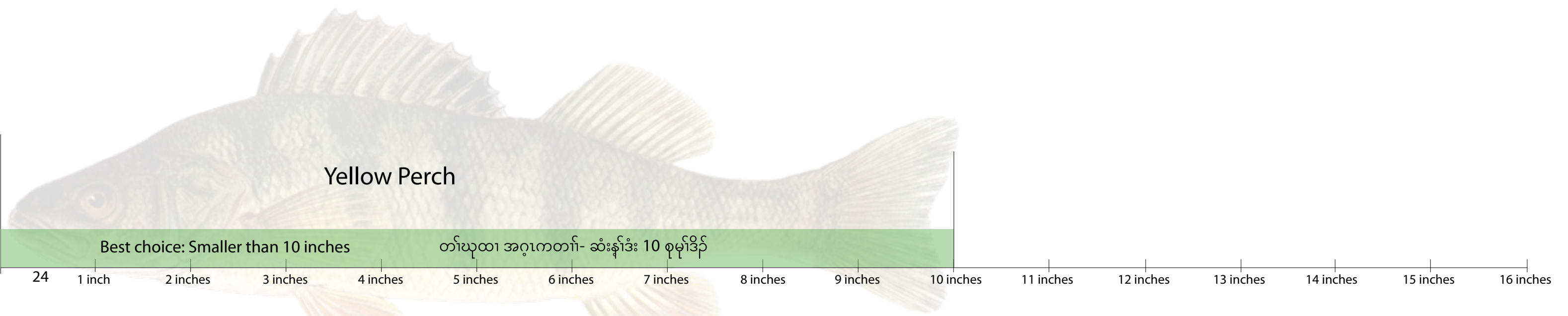
Carp



Whole family  
ဟံးဒုးဃီထီဒီဒုးညါ

|                                       |     |                                   |
|---------------------------------------|-----|-----------------------------------|
| 4 meals a month<br>အိးညးန့ဆုတလါ(၄)ဘျီ | —   | 1 meal a month<br>အိးညးန့ဆုလါတဘျီ |
| 0 DON'T EAT<br>အိးအီတဂု               | ==  | 0 DON'T EAT<br>အိးအီတဂု           |
| 0 DON'T EAT<br>အိးအီတဂု               | === | 0 DON'T EAT<br>အိးအီတဂု           |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညီညီဖိလီၤ





| Older people<br>ပုၤသ့ၣ်ကွၢ်သးပုၤ        | Smallmouth bass | Whole family<br>ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ    |
|-----------------------------------------|-----------------|-----------------------------------------|
| 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ | —               | 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ |
| 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ | ==              | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ              |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ              | ==              | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ              |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ

| Older people<br>ပုၤသ့ၣ်ကွၢ်သးပုၤ          | Rock bass | Whole family<br>ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ    |
|-------------------------------------------|-----------|-----------------------------------------|
| 4 meals a month<br>အိၣ်ညါန့ၣ်ဆူၤတလါ(၄)ဘျီ | —         | 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ |
| 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ   | ==        | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ              |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ                | ==        | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ              |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ







Older people  
ပုသုဉ်ကုသးပုၤ



Largemouth bass



Whole family  
ဟံၣ်ဒုၣ်ယီၤထီၣ်ဒုၣ်ညါ

|                                          |     |                                       |
|------------------------------------------|-----|---------------------------------------|
| 4 meals a month<br>အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ | —   | 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူတလါတဘျီ |
| 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူတလါတဘျီ    | ==  | 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူတလါတဘျီ |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               | === | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ            |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ



Older people  
ပုသုဉ်ကုသးပုၤ



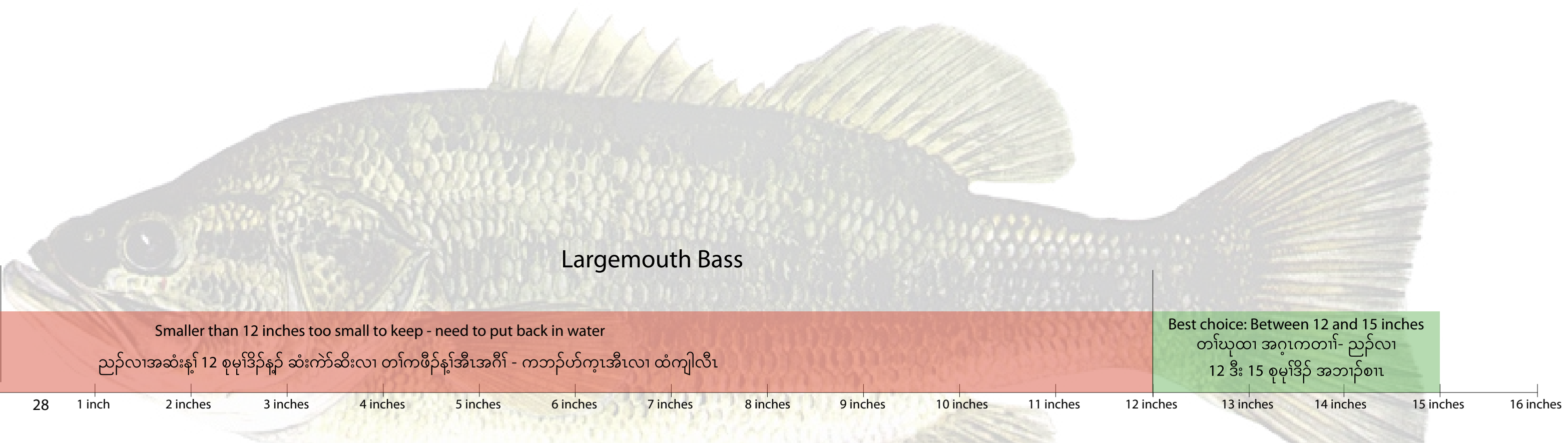
Bluegill and Sunfish



Whole family  
ဟံၣ်ဒုၣ်ယီၤထီၣ်ဒုၣ်ညါ

|                                          |     |                                          |
|------------------------------------------|-----|------------------------------------------|
| 4 meals a month<br>အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ |
| 4 meals a month<br>အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ | ==  | 1 meal a month<br>အိၣ်ညါန့ၣ်ဆူတလါတဘျီ    |
| 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               | === | 0 DON'T EAT<br>အိၣ်အီၤတဂ့ၤ               |

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ







Older people  
ပုသျှန်ကွသးပု



Walleye



Whole family  
ဟံးဒုးယီထာဒီဒုးညါ

|                                        |       |                                     |
|----------------------------------------|-------|-------------------------------------|
| 4 meals a month<br>အိပ်ညာနုဆုတလိ(၄)ဘျီ | ————  | 1 meal a month<br>အိပ်ညာနုဆုတလိတဘျီ |
| 1 meal a month<br>အိပ်ညာနုဆုတလိတဘျီ    | ===== | 0 DON'T EAT<br>အိပ်အီတဂု            |
| 0 DON'T EAT<br>အိပ်အီတဂု               | ===== | 0 DON'T EAT<br>အိပ်အီတဂု            |

\*Advice is simplified \*တၢ်ဟ့ၣ်ကုၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညီညီဖိလီၤ



Older people  
ပုသျှန်ကွသးပု



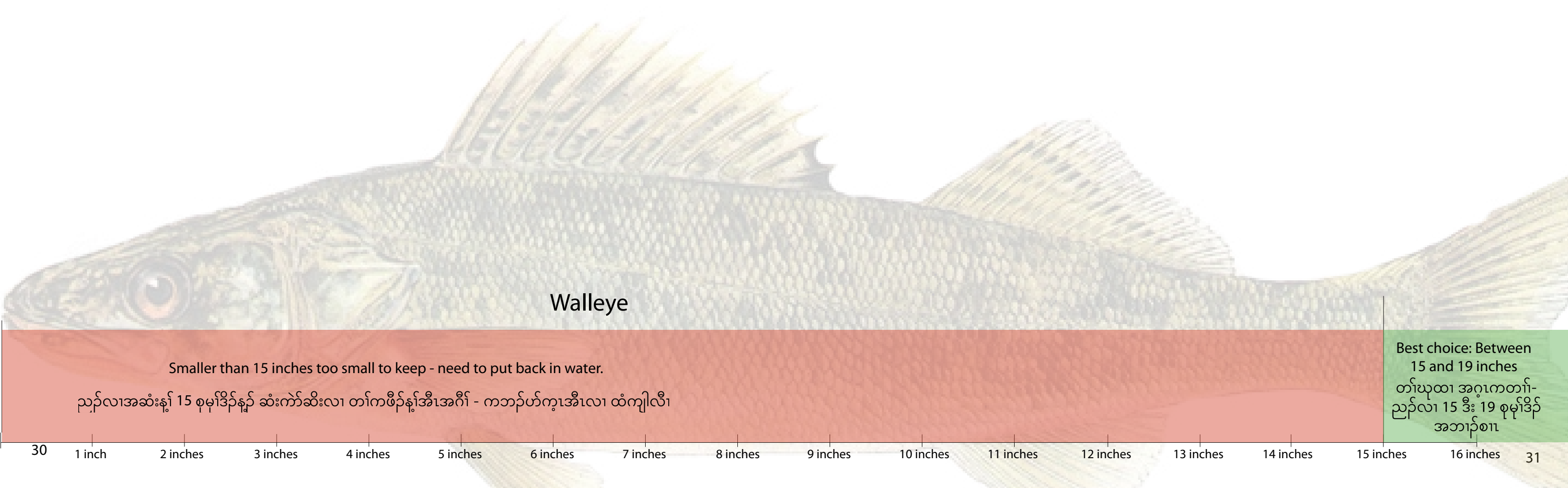
Freshwater drum



Whole family  
ဟံးဒုးယီထာဒီဒုးညါ

|                                        |       |                                        |
|----------------------------------------|-------|----------------------------------------|
| 4 meals a month<br>အိပ်ညာနုဆုတလိ(၄)ဘျီ | ————  | 4 meals a month<br>အိပ်ညာနုဆုတလိ(၄)ဘျီ |
| 4 meals a month<br>အိပ်ညာနုဆုတလိ(၄)ဘျီ | ===== | 4 meals a month<br>အိပ်ညာနုဆုတလိ(၄)ဘျီ |
| 0 DON'T EAT<br>အိပ်အီတဂု               | ===== | 0 DON'T EAT<br>အိပ်အီတဂု               |

\*Advice is simplified \*တၢ်ဟ့ၣ်ကုၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညီညီဖိလီၤ



Walleye

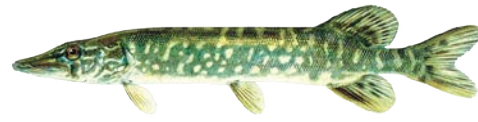
Smaller than 15 inches too small to keep - need to put back in water.

ညးလၢအဆးန့ၣ် 15 စုမုၢ်ဒိၣ်န့ၣ် ဆးကဲးဆးလၢ တၢ်ကဖိၣ်န့ၣ်အီၤအဂီၢ် - ကဘၣ်ဟံးက့ၤအီၤလၢ ထံကျါလီၤ

Best choice: Between 15 and 19 inches  
တၢ်ဃုထၢ အဂ့ၢ်ကတၢၢ်-ညးလၢ 15 ဒီး 19 စုမုၢ်ဒိၣ်အဘၢၣ်စၢၤ

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 31





Northern pike

|                                                   |     |                                                |
|---------------------------------------------------|-----|------------------------------------------------|
| <b>4</b> meals a month<br>အိပ်ညှပ်နှံဆူတလိ(၄)ဘို့ | —   | <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့ |
| <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့    | ==  | <b>0</b> DON'T EAT<br>အိပ်အီတဂ့ၤ               |
| <b>0</b> DON'T EAT<br>အိပ်အီတဂ့ၤ                  | === | <b>0</b> DON'T EAT<br>အိပ်အီတဂ့ၤ               |

\*Advice is simplified \*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ

Best choice: Between 18 and 26 inches

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ  
ညှပ်လၢ 18 ခိး 26 စုမုၢ်ဒိၣ်  
အဘၢၣ်စၢၤ



Channel catfish

|                                                |     |                                                |
|------------------------------------------------|-----|------------------------------------------------|
| <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့ | —   | <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့ |
| <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့ | ==  | <b>1</b> meal a month<br>အိပ်ညှပ်နှံဆူလိတာဘို့ |
| <b>0</b> DON'T EAT<br>အိပ်အီတဂ့ၤ               | === | <b>0</b> DON'T EAT<br>အိပ်အီတဂ့ၤ               |

\*Advice is simplified

\*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ

Northern pike

Smaller than 18 inches too small to keep - need to put back in water.

ညှပ်လၢအဆံးန့ၢ် 18 စုမုၢ်ဒိၣ်န့ၢ် ဆံးကဲာ်ဆိးလၢ တၢ်ကဖိၣ်န့ၢ်အီၤအဂီၢ် - ကဘၢၣ်ဟံးက့ၤအီၤလၢ ထံကျါလီၤ



# Fish you buy

## ညဉ်လာနပျးအိဉ်



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

လီဆိဘဉ်ယဉ်ဒီးပျးဟိဉ်မိာ်အ၊မ့တမ့ာ်မိာ်လာဒုးအိဉ်န့၊ဒီးမိသဉ် သုဉ်တဖဉ်ယုထာအိဉ်ညဉ်လာမာ်ချဉ်ရံဉ်စှာ

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

ညဉ်န့ဉ်ဂ့ဒိဉ်မးလာယုထံဉ်န့အိဉ်ဖရိဉ်ထံ(န).ဒီးဂ့လာဟံဉ်ဖိဉ်ဖိဉ်လာ်အဂီဉ်န့ဉ်လီ.



**Most fish from stores are a very healthy choice**

အါတက့ဉ်ညဉ်လာတၢ်ဆါတၢ်ပျးအလီဉ်န့ဉ်ဂ့ဒီးမးလာတၢ်အိဉ်ဆုအိဉ်ချတၢ်ယုထာအဂီဉ်န့ဉ်လီ.

Herring

Sardines

Crayfish

Shrimp

Fish paste

Rainbow trout

Salmon

Steelhead Trout

Tilapia

Haddock

Catfish

Cod

Scallops

Crab

Flounder

Mussels

Oysters



Older people  
ပုၤသုဉ်ကုသးပုၤ



Greater redhorse



Whole family  
ဟံဉ်ဒုဉ်ယီထာဒိဉ်ညဉ်

|                                         |     |                                         |
|-----------------------------------------|-----|-----------------------------------------|
| 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ |
| 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ | ==  | 1 meal a month<br>အိဉ်ညဉ်န့ဆုတလါတဘျီ    |
| 0 DON'T EAT<br>အိဉ်အီၤတဂ့ၤ              | === | 0 DON'T EAT<br>အိဉ်အီၤတဂ့ၤ              |



Older people  
ပုၤသုဉ်ကုသးပုၤ



White sucker



Whole family  
ဟံဉ်ဒုဉ်ယီထာဒိဉ်ညဉ်

|                                         |     |                                         |
|-----------------------------------------|-----|-----------------------------------------|
| 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ | —   | 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ |
| 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ | ==  | 4 meals a month<br>အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ |
| 0 DON'T EAT<br>အိဉ်အီၤတဂ့ၤ              | === | 0 DON'T EAT<br>အိဉ်အီၤတဂ့ၤ              |



ကွပ်ကဲသောအဖွဲ့အစည်းအား လက်မခံသည့်  
ဘက် ကဘက်စုံကတိတ်ဟုတ်ကုန်လဲတကွ-

**Watch this video to learn  
how to use the advice  
[health.ny.gov/fish/karen.htm](http://health.ny.gov/fish/karen.htm)**



ပအိန်ဒီးတန်နဲတဖန်လၢ Syracuse လီကဝီ, ဝှံခိန် လီကဝီ, Buffalo, Utica, ဒီး  
Rochester အဂီနီနီလီ.

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](http://health.ny.gov/fish/karen.htm)**