Fish Advisory

Boise River

Mercury is a toxic substance that has been detected in fish samples in this river. It can affect a child's brain development and ability to learn. By following the guidelines below, you can enjoy the benefits of eating fish and protect the health of children.



Catfish

Pregnant women, women who are nursing or planning to become pregnant:

Do Not Eat More Than: 3 meals per month of Catfish **Children under 15 years of age:**

Do Not Eat More Than: 3 meals per month of Catfish General public (people not in the first two groups):

Do Not Eat More Than:
11 meals per month of Catfish

Adult meal size = 8 oz uncooked fish Children meal size = $2 \frac{1}{4}$ oz uncooked fish





