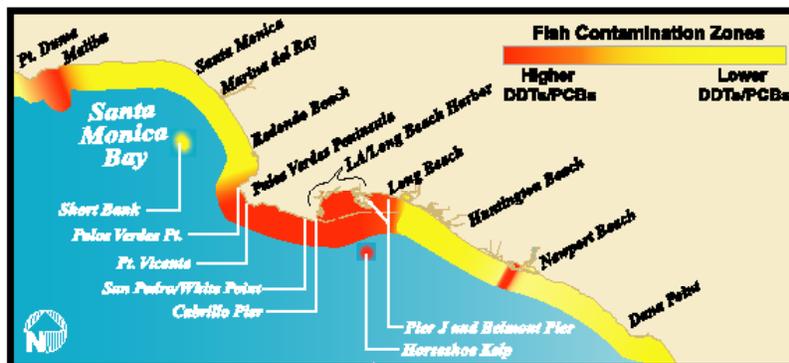




Fish Contamination Education Collaborative (FCEC) Angler Fact Sheet

Facts for Anglers About Fish Contamination

- Harmful chemicals have been found in some fish caught off the local coast of Los Angeles and Orange counties.
- These chemicals—called DDTs and PCBs—pose a health risk for people who regularly eat contaminated fish.
- Anyone who eats these fish regularly risks health problems, including cancer, liver disease and other problems with the immune and endocrine system. Women of child-bearing age and children are more sensitive to the harmful chemicals and should be especially careful to avoid contaminated fish.
- In particular, high levels of DDTs and PCBs have been found in white croaker (also called kingfish or tomcod).
- Anyone who fishes for white croaker in the area below must not catch more than 10 white croakers per day. This is the California law.
- You should not eat white croaker caught in the red zone. Please see the map below showing areas that are contaminated (*Red Zone*) and areas that are generally considered safe (*Yellow Zone*).



- It is illegal for sport anglers to sell their catch to other anglers/consumers or to markets and restaurants. It is also illegal to buy fish from other anglers.
- To reduce exposure to DDTs and PCBs when eating fish caught locally, consumers must take the following precautions:
 - Eat only the fillet. Use only the fillet when making soup.
 - Before cooking, remove and throw away the head, guts, kidneys, liver and fatty parts such as the skin and belly flap.
 - Bake, broil, steam or grill fish, letting fatty juices drip away.

These tips are provided by the Fish Contamination Education Collaborative (FCEC), an outreach and education project under the United States Environmental Protection Agency (US-EPA). For more information about the dangers of fish contamination and ways you can ensure your safety, visit www.pvsfish.org.