



Fish Contamination Education Collaborative (FCEC) Market Owner Fact Sheet

Facts for Market Owners About Fish Contamination

- Harmful chemicals have been found in 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 are found in white croaker (also called kingfish or tomcod) caught around the Palos Verdes Peninsula.
- Studies have shown that contaminated white croaker is being sold in local markets.
- To protect yourself and your customers, you must not do business with sport fishers who are illegally selling fish.
- Market owners can take the following steps to help ensure you are selling fish that is not contaminated:
 - Be sure any fish you purchase comes from approved sources, such as licensed wholesalers, brokers or commercial fisherman who are trained to fish in safe areas.
 - Know where your suppliers are catching their fish.
 - Keep and file all invoices when fish is purchased.
- 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.