

FOR IMMEDIATE RELEASE

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Quail Creek Reservoir and a Portion of Lake

Powell Added to Mercury Fish Advisory List

New Consumption Guidelines provided for all Utah Mercury

Fish Advisories

(Salt Lake City, UT) – Two new locations, and one new fish species, have been added to Utah's Mercury Fish Consumption Advisory List. The advisories are being issued after state officials found elevated levels of mercury in fish tissue in these waterways.

In addition, officials have revised consumption advisories to include new guidelines for women past childbearing age and men over 16 years old.

The new fish advisories include:

- **Lake Powell** from Dangling Rope Marina south to the dam (Kane and San Juan counties) – Children should limit their consumption of **Striped Bass** to one 4-ounce meal per month. Women of childbearing age should limit their consumption of **Striped Bass** to two 8-ounce meals per month. Adult women past childbearing age and men older than 16 should limit their consumption of **Striped Bass** to eight, 8-ounce meals per month.
- **Quail Creek Reservoir** (Washington County) - Children should limit their consumption of **Largemouth Bass** to one 4-ounce meal per month. Women of childbearing age should limit their consumption of **Largemouth Bass** to two 8-ounce meals per month. Adult women past childbearing age and men older than 16 should limit their consumption of **Largemouth Bass** to seven, 8-ounce meals per month.

An 8-ounce serving is equivalent to the size of two decks of playing cards. According to an analysis completed by the Utah Department of Health, eating more than the amounts noted in the advisories, over a long period of time, could result in an intake of mercury that exceeds the U.S. Environmental Protection Agency health recommendations.

For a complete list of all Utah Mercury Fish Consumption Advisories, please visit the following website: www.fishadvisories.utah.gov

Revised human consumption guidelines for all Utah Mercury Fish Advisories are being issued. The revised guidelines include new consumption levels for adult women past

childbearing age and adult men over the age of 16. All of the revised consumption guidelines are available at www.fishadvisories.utah.gov

Mercury is a naturally-occurring element that can be transformed into methylmercury, a toxic form found in some natural waters. Those most vulnerable to the effects of mercury toxicity include women who are pregnant or may become pregnant, nursing mothers, and young children. Chronic exposure to low concentrations of methylmercury may result in neurological effects in the developing fetus and children.

Any health risks associated with eating fish from the Utah Mercury Fish Advisory areas are based on long-term consumption and are not tied to eating fish occasionally. Eating fish remains an important part of a healthy diet. The American Heart Association recommends that individuals eat at least two fish or seafood meals every week.

There are no mercury-related health risks associated with recreational usage (such as catch and release fishing, swimming, boating and waterskiing) in any of the listed Utah Mercury Fish Advisory lakes, reservoirs, streams, rivers or creeks.

Since 2000, fish in 322 water bodies in Utah have been tested for mercury. Fish with elevated levels of mercury have been found in only 21 of the 322 waterbodies.

The 322 sites that were sampled include 200 river/stream sites and 122 lake/reservoir sites.

Not all Utah water bodies have been tested for mercury content in fish. Further testing may result in additional advisories. Utah fish consumption advisories are issued in a partnership

between the Utah Department of Health, Utah Department of Environmental Quality and the Utah Division of Wildlife Resources.

For more detailed information please visit the following website:
www.fishadvisories.utah.gov.