

Three steps to safely enjoying fish from the Cape Fear River:

1 STOP & CHECK

Some fish from the Cape Fear River may contain contaminants that can harm health.

Check advisories before eating: visit bit.ly/eatsafefish or call 919-707-5900



Largemouth Bass
Wild-caught



Catfish
Wild-caught



Striped Bass



Blue Crab



Striped Mullet

from the Cape Fear River

2 Enjoy

Enjoy these fish from the Cape Fear River that are lower in mercury after checking advisories.

Learn from the advisories how many servings per week are safe.



Bluegill



Speckled Trout



Shad



Spot



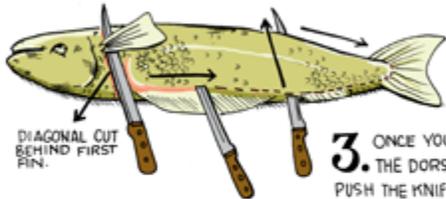
Southern Kingfish



Shrimp

3 Fillet your fish to reduce contaminants that are stored in fat How to Fillet a Fish

1. MAKE A SINGLE CUT WHERE THE HEAD ENDS & THE MEAT BEGINS, ALL THE WAY THROUGH.



DIAGONAL CUT BEHIND FIRST FIN.

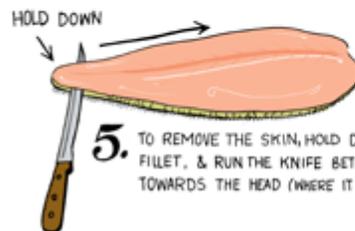
2. INSERT THE KNIFE IN ABOUT AN INCH, & RUN THE KNIFE DOWN THE SIDE OF THE DORSAL FIN.

3. ONCE YOU PASS THE DORSAL FIN, PUSH THE KNIFE ALL THE WAY THROUGH. USE DOWNWARD PRESSURE & CUT ALL THE WAY OUT TO THE TAIL.

REPEAT STEPS 1-3 ON THE OTHER SIDE



4. MAKE SEVERAL STRAIGHT & SHALLOW CUTS TOWARDS THE TAIL, TO SEPARATE THE FILLET FROM THE CARCASS. DON'T USE MUCH PRESSURE OR YOU WILL GET BONES IN YOUR FILLET. REPEAT ON THE OTHER SIDE.

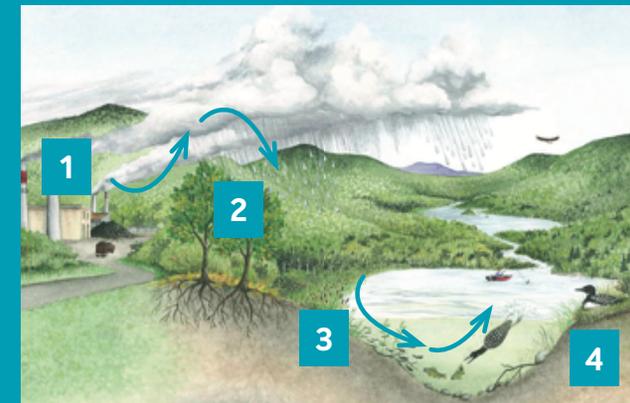


5. TO REMOVE THE SKIN, HOLD DOWN THE TAIL END OF THE FILLET, & RUN THE KNIFE BETWEEN THE SKIN & MEAT TOWARDS THE HEAD (WHERE IT WAS, AT LEAST.)

Why is there an advisory?

The North Carolina Department of Health and Human Services (DHHS) sets fish consumption advisories to protect health, especially for **pregnant or nursing women, women ages 15-44 who may become pregnant, and children under 15** whose growth and development can all be affected by mercury. Mercury that comes from industrial pollution moves from the air into waterways, and then from smaller fish to the larger fish that eat them, and eventually into people. Other contaminants like PCBs, dioxins, arsenic, hexavalent chromium get into fish from pollution, but some also occur naturally.

How does methylmercury get into fish and into us?



- 1 Mercury gets into the air from industrial pollution
- 2 Mercury leaves the air through rain or snow
- 3 Mercury moves through the watershed and changes in soil and water to methylmercury
- 4 Methylmercury builds up in animals and then in the people who eat them

Image modified from: Driscoll, C.T., D. Evers, K.F. Lambert, N. Kamman, T. Holsen, Y.-J. Han, C. Chen, W. Goodale, T. Butler, T. Clair, and R. Munson. Mercury Matters: Linking Mercury Science with Public Policy in the Northeastern United States. Hubbard Brook Research Foundation, 2007. Science Links Publication.

STOP

● **STOP:** Kids under 15 and women ages 15-44 should not eat wild-caught catfish or largemouth bass.

CHECK

● **CHECK:** Everyone should check advisories for all fish from the Cape Fear River.

Enjoy

● **ENJOY:** Enjoy safer fish once you have checked local advisories.



To learn which fish to eat and avoid, and see current fish advisories in North Carolina, visit:
bit.ly/eatsafefish
or call **919-707-5900**



About the Duke University Superfund Research Center:

We study early life, low-dose exposures to environmental chemicals and effects on human development that might emerge later in life. We connect with government agencies, industry professionals, community organizations, and others to bring research and useful information about environmental health and chemical exposures to the public.

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Cited references available on request

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