



Help keep them safe.

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

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



- **STOP:** Kids under 15 and women ages 15-44 should not eat wild-caught catfish or largemouth bass.
- **CHECK:** Everyone should check advisories for all fish from the Cape Fear River.
- **ENJOY:** Enjoy safer fish once you have checked local advisories.

- ➔ Visit bit.ly/eatsafefish
- ☎ Call (919) 707-5900
- 🔍 Search online for "Fish advisories NC"



Duke University Superfund Research Center Community Engagement Core
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Check before you eat!

- Enjoy safer fish once you have checked local advisories.

Enjoy these fish from the Cape Fear River that are lower in mercury:



Bluegill



Speckled Trout



Shad



Spot



Southern Kingfish



Shrimp



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