

# CAPE FEAR *Kids*

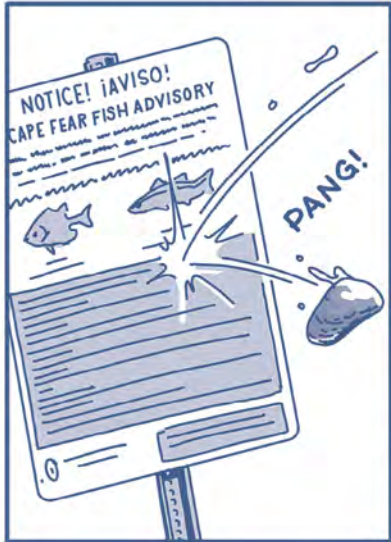
GO FISHING



# CAPE FEAR *Kids*

GO FISHING







Got one!



That bucket's gonna be real heavy, Gina.

HA!

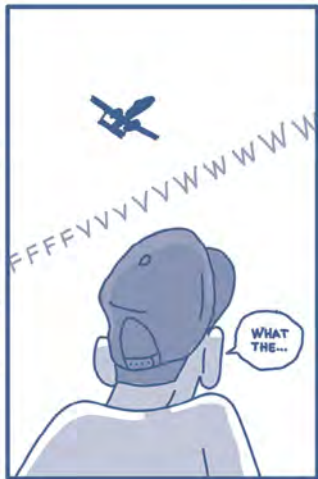


She's right...

Hush up, Gina. Jazzy's just helping you win. How can she even tell which fish is...

FFFFFFVVVV

Thanks, Jazzy!



What the...



Maybe I'll let you eat some of what I catch...



Nope!



It's a catfish, Reggie. The sign says kids shouldn't eat it, so it doesn't count.



Throw it back. Sorry, bud.

HA!

?!



Whoa, an A-10 Warthog.



How can you tell, Reggie?

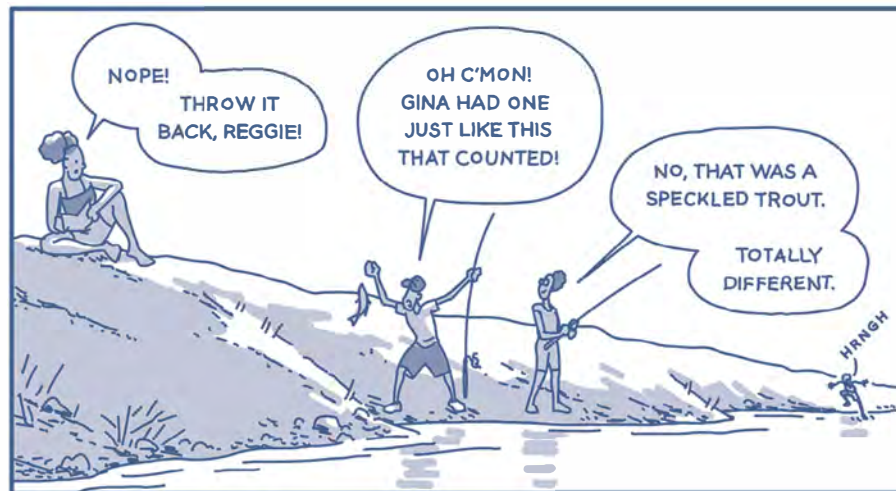
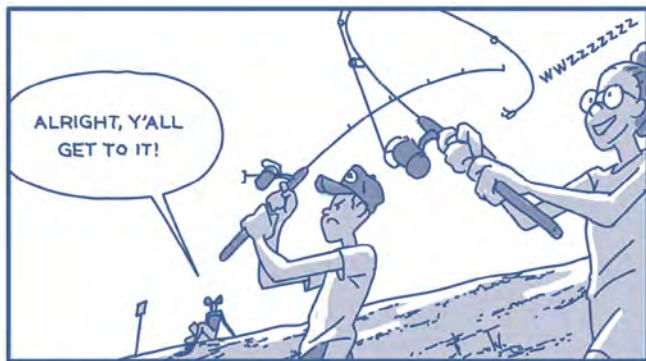
Easy, twin engines, straight wings...

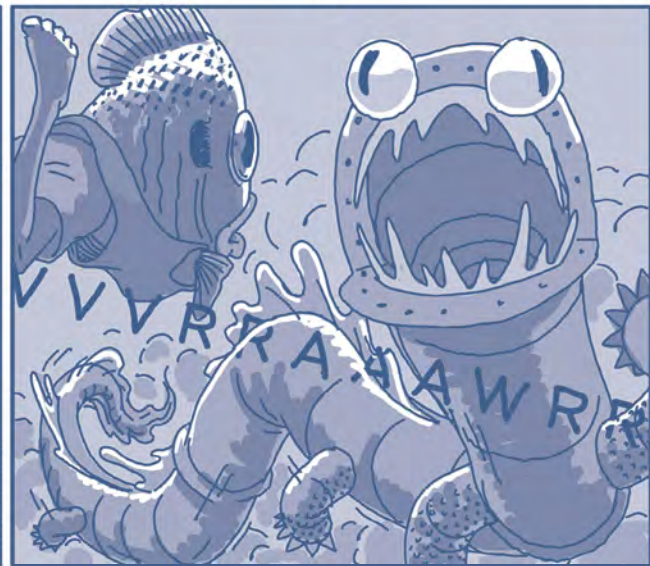
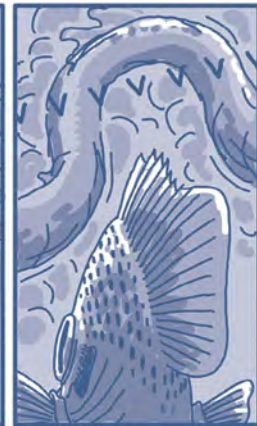
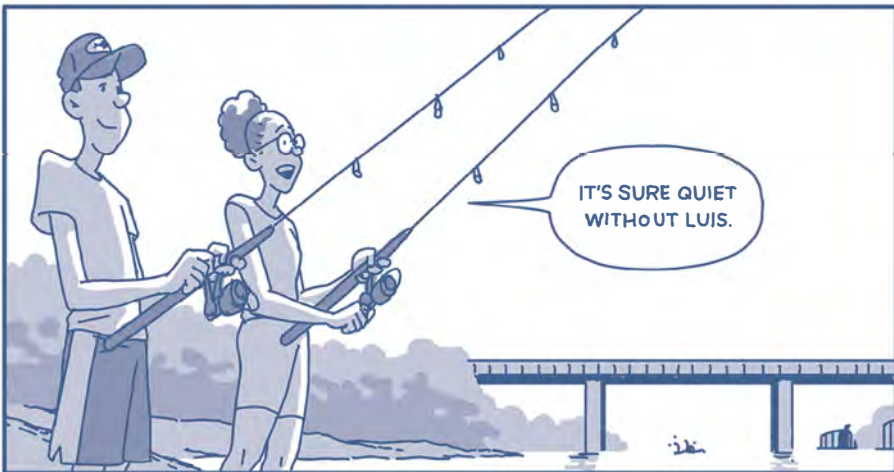
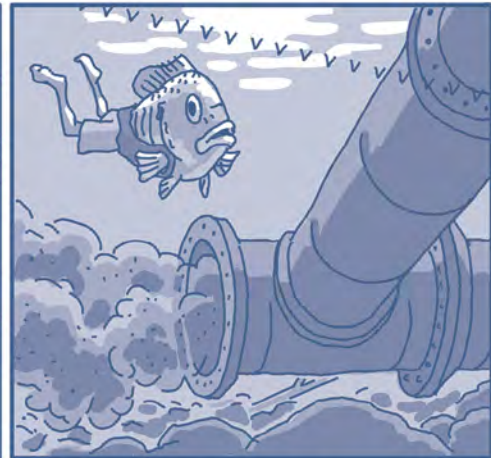
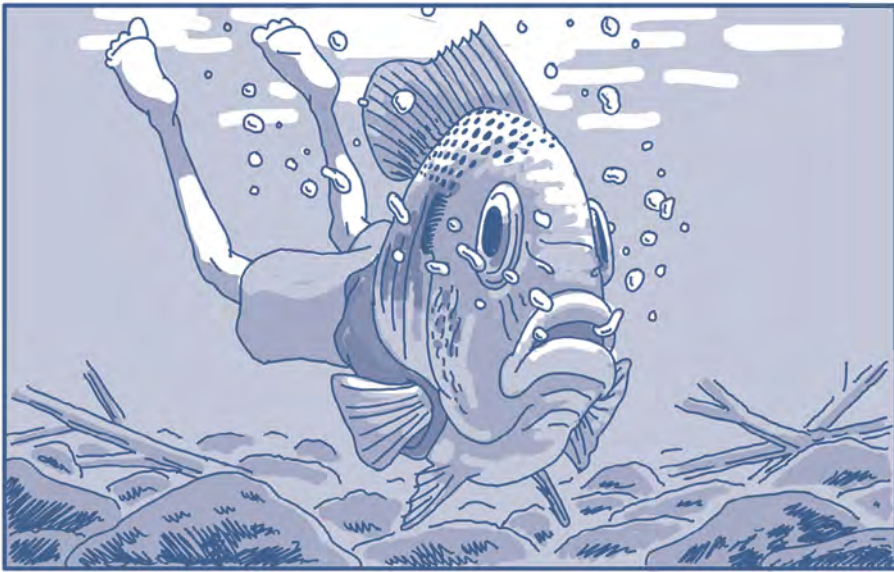
Exactly.

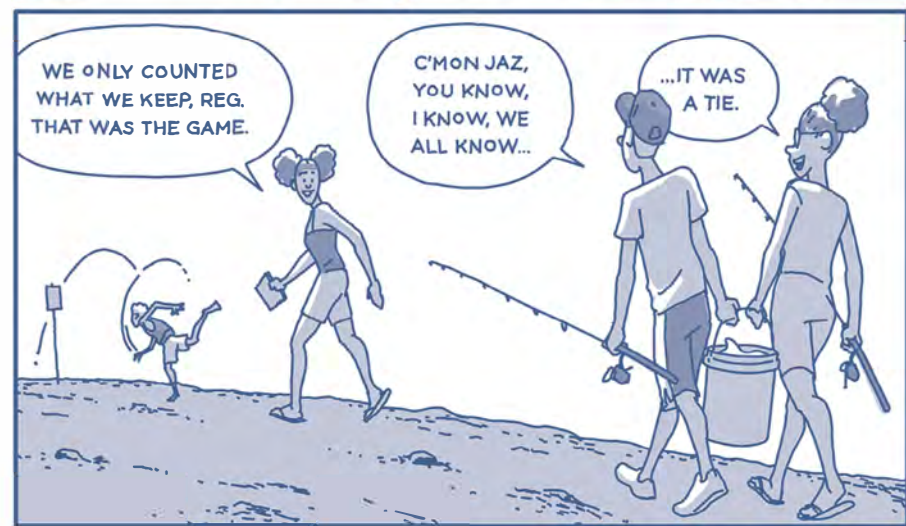


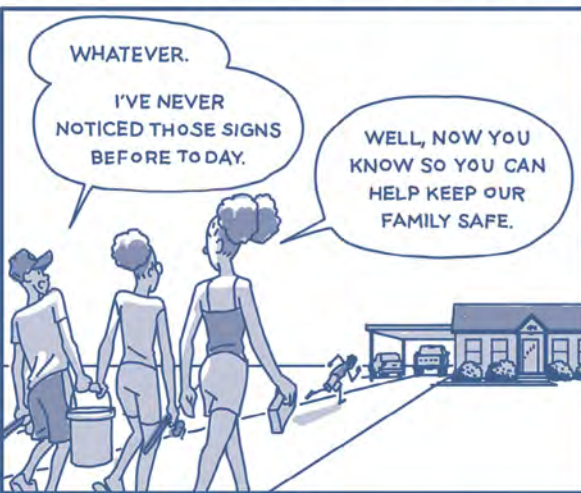
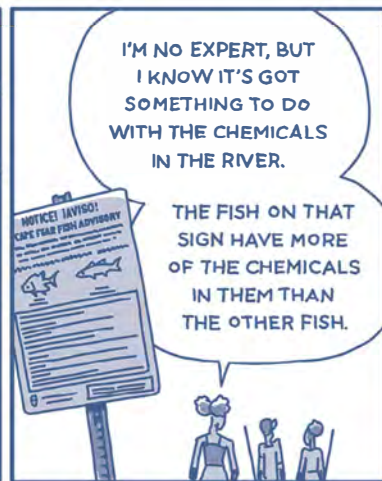
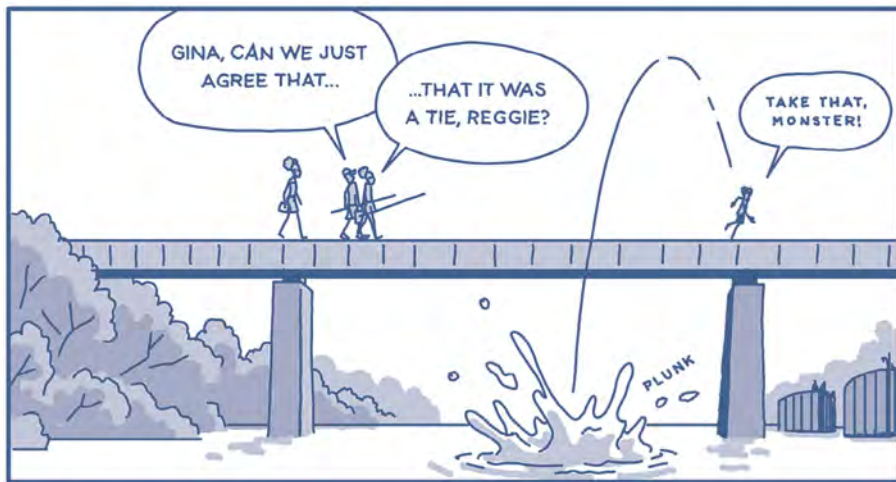
You can spot jets, I can spot fish.

'All keep catching, I'll tell you the ones we can keep.

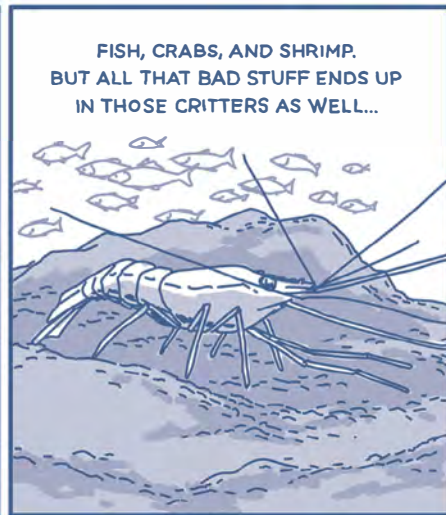
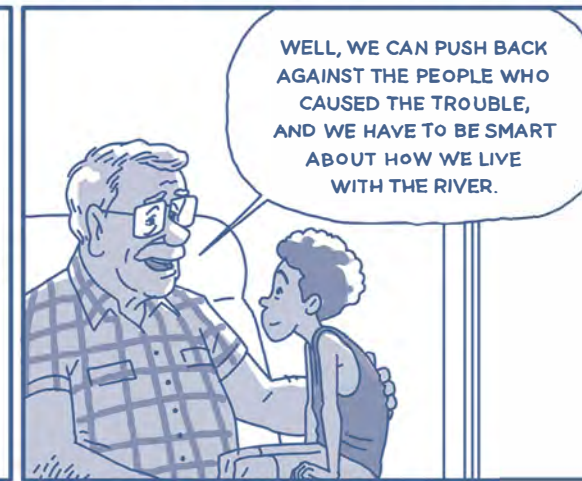


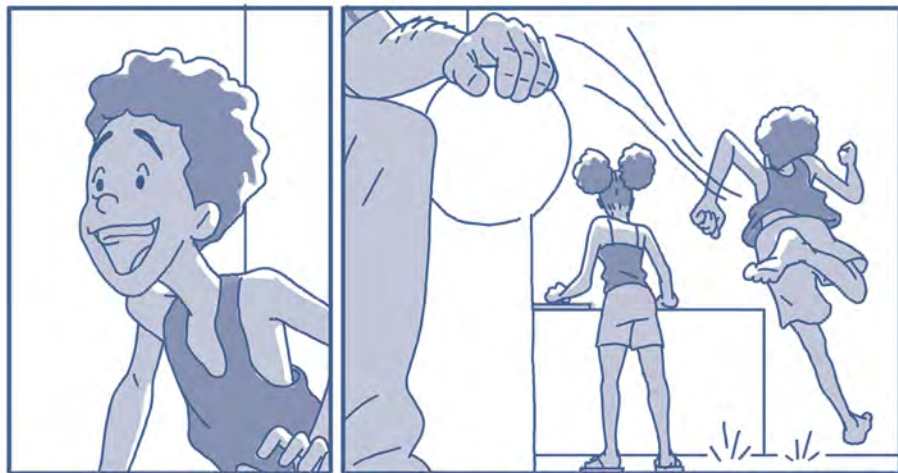
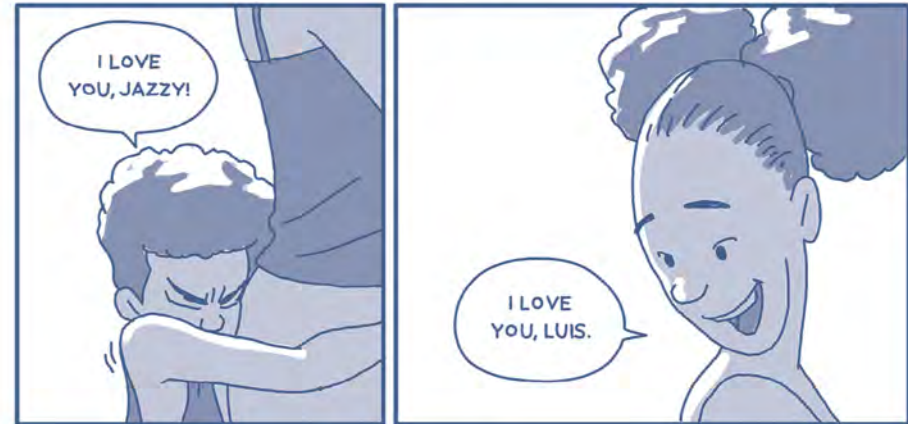
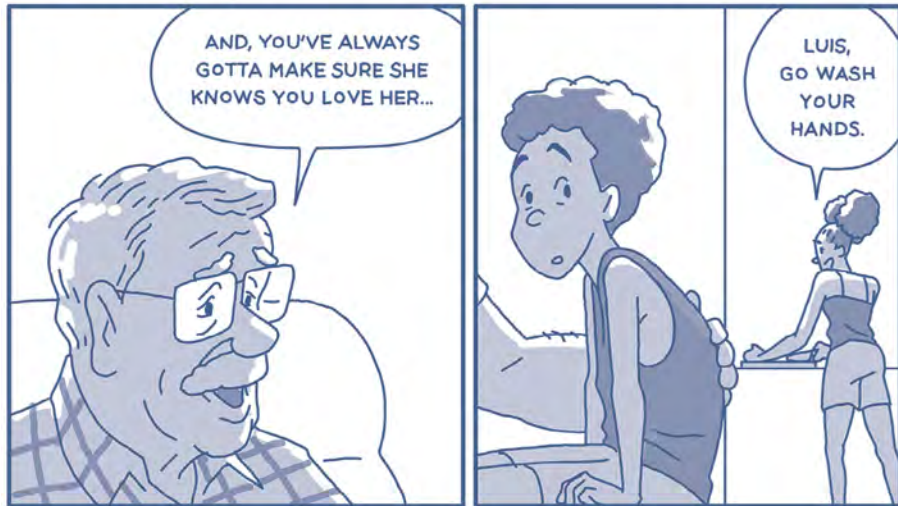
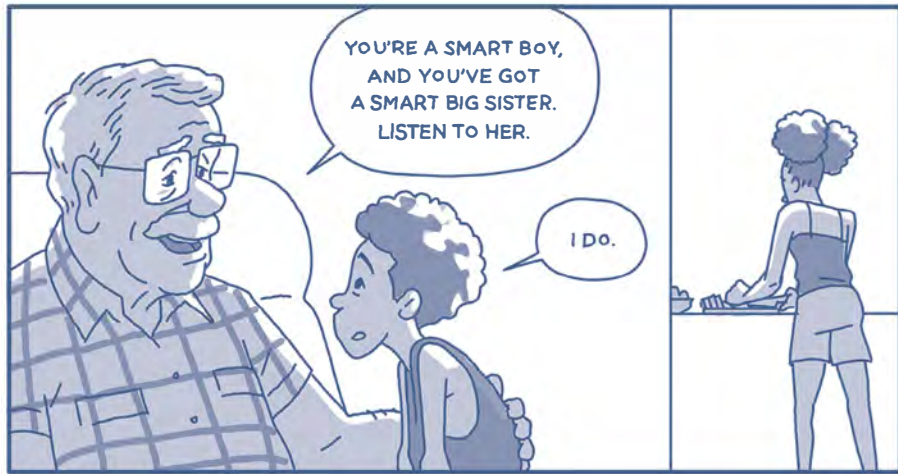


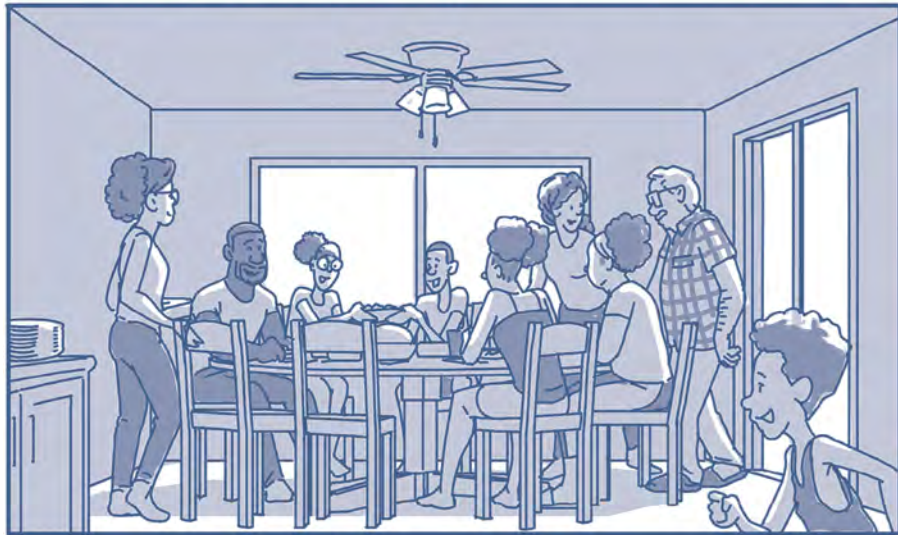












THE END.

### DO YOU EAT FISH FROM THE CAPE FEAR RIVER?

TURN THE PAGE TO HEAR GRANDPA LIT'S AND AUNTIE SHEL'S SIMPLE STEPS TO STAYING SAFE WHILE EATING THE FISH WE ALL LOVE.



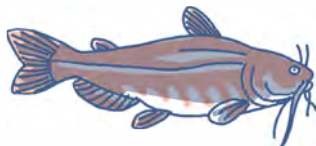
# STOP & CHECK

## STOP

KIDS UNDER 15 AND PEOPLE WHO ARE OR MAY BECOME PREGNANT SHOULD NOT EAT WILD-CAUGHT CATFISH OR LARGEMOUTH BASS FROM ANYWHERE IN NORTH CAROLINA.



LARGEMOUTH BASS ❌



CATFISH ❌

## CHECK

EVERYONE SHOULD CHECK ADVISORIES FOR ALL FISH FROM THE CAPE FEAR RIVER.



STRIPED MULLET ⚠️



BLUE GILL ⚠️



BLUE CRAB ⚠️



RED DRUM ⚠️

Enjoy 

## ENJOY

ENJOY SAFER FISH ONCE YOU HAVE CHECKED LOCAL ADVISORIES, AND FOLLOW PER WEEK PORTION AND MEAL RECOMMENDATIONS.



SPOT 🍴



SHRIMP 🍴



SPECKLED TROUT 🍴



SHAD 🍴

# COOK SAFER FISH

FILLET FISH TO REMOVE CHEMICALS STORED IN THE SKIN, HEAD, AND ORGANS.

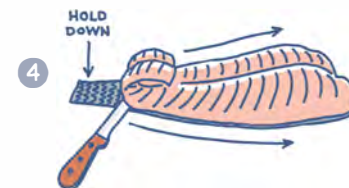
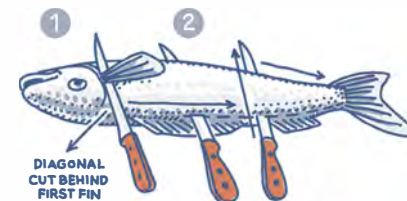
AND INSTEAD OF FRYING, BAKE, BROIL, OR GRILL TO LIMIT EXPOSURE TO CHEMICALS STORED IN FAT.

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

2 INSERT KNIFE ABOUT 1 INCH & RUN ALONG SIDE OF DORSAL FIN ALL THE WAY TO THE TAIL

3 SEPARATE FILLET FROM THE CARCASS WITH SEVERAL STRAIGHT & SHALLOW CUTS. DON'T USE TOO MUCH PRESSURE OR YOU'LL GET BONES IN YOUR FILLET. REPEAT ON THE OTHER SIDE.

4 TO REMOVE THE SKIN, HOLD DOWN THE TAIL END OF THE FILLET, & RUN THE KNIFE BETWEEN THE SKIN & MEAT TOWARDS WHERE THE HEAD WAS



## How to Check Advisories FOR FISH FROM THE CAPE FEAR RIVER

SCAN CODE WITH PHONE CAMERA



VISIT [BIT.LY/EATSAFERFISH](https://bit.ly/eatsaferfish)

CALL (919) 707-5900

SEARCH ONLINE FOR "FISH ADVISORIES NC"

¿HABLA ESPAÑOL?

PARA MAYOR INFORMACIÓN EN ESPAÑOL VISITE: [HTTPS://BIT.LY/CAPEFEARFISH](https://bit.ly/capefearfish)



North Carolina  
Coastal Federation  
*Working Together for a Healthy Coast*

SOME FISH FROM THE  
CAPE FEAR RIVER MAY  
CONTAIN CONTAMINANTS  
THAT CAN HARM HEALTH.  
CHECK ADVISORIES  
BEFORE EATING:  
VISIT [BIT.LY/EATSAFEFISH](https://bit.ly/eatsafeFish)  
OR CALL 919-707-5900



**SUPERFUND**  
*Research Center*

Early Life Exposures | Later Life Consequences

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