



Help keep families safe.



Kids under 15 and people who are or may become pregnant should not eat wild-caught catfish or largemouth bass from North Carolina because they contain mercury.

Call (919) 707-5900 to check fish advisories for the Cape Fear River

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



Largemouth Bass



Catfish



Blue Crab



Striped Mullet






Bluegill



Red Drum



-  **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.
-  **CHECK:** Everyone should check advisories for all fish from the Cape Fear River.
-  **ENJOY:** Enjoy safer fish once you have checked local advisories, and follow per week portion and meal recommendations.

Duke UNIVERSITY
early life exposures, later life consequences

NIH National Institute of Environmental Health Sciences
Superfund Research Program






Duke University Superfund Research Center Community Engagement Core
✉ SuperfundCEC@duke.edu 🌐 bit.ly/eatsafefish

This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement OOD49616. It does not necessarily reflect the views of the Agency nor should official endorsement be inferred.

 **Check Advisories**
for fish from the Cape Fear River



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

 **Some fish from the Cape Fear River may contain pollutants.**
Call (919) 707-5900 to check fish advisories for the Cape Fear River.



Check before you eat!



Enjoy safer fish by checking local advisories and following per week portion and meal recommendations.



 **Speckled Trout**



 **Shad**



 **Spot**






 **Shrimp**



Did you know?
Fillet your fish to reduce contaminants stored in fat.

Don't see your fish on the list?
Check advisories for more information! bit.ly/eatsafefish



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