



To protect your health, always check fish consumption advisories before you enjoy your catch!



➤ Visit bit.ly/eatsafefish
☎ Call (919) 707-5900

Enjoy



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



Shrimp 



Speckled Trout 



Shad 



Spot 

**Have questions, or don't see your catch?
Check advisories!**

STOP & CHECK

Some fish from the Cape Fear River may contain contaminants that can harm health. Check advisories first by scanning the QR code to choose safer fish.



Largemouth Bass



Catfish



Blue Crab



Striped Mullet



Red Drum



Bluegill



People who are or may become pregnant, nursing people, and children under 15 should avoid eating catfish and largemouth bass from the Cape Fear River due to mercury concerns.



New Hanover
County Branch



early life exposures, later life consequences



National Institute of
Environmental Health Sciences
Superfund Research Program