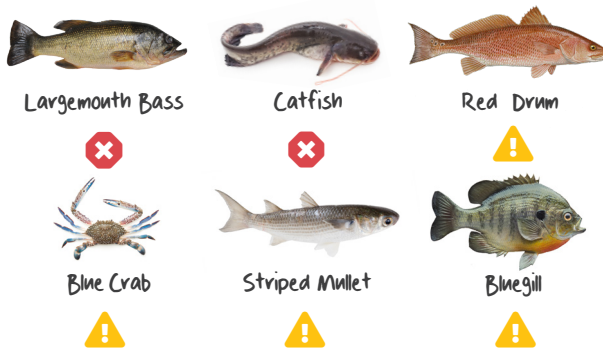


Three steps to safely enjoying fish from the Cape Fear River:

1 STOP & CHECK

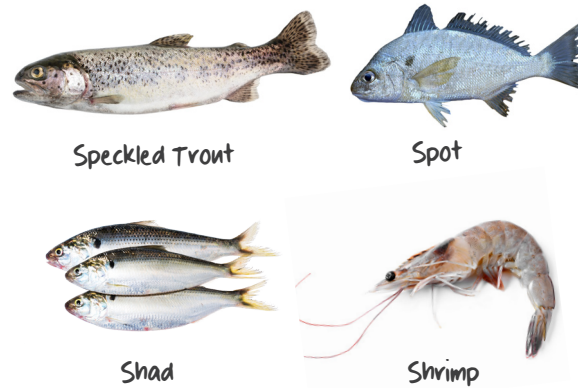
Some fish from the Cape Fear River may contain contaminants that can harm health.

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



2 Enjoy

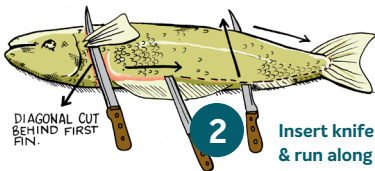
Enjoy safer fish once you have checked local advisories, and follow per week portion and meal recommendations



3 Fillet Fish to remove PCBs and dioxin contaminants stored in fat.

Instead of cooking fish whole, cut off fat and skin to remove chemicals like PCBs.

- 1 Make a single cut where the head ends & the meat begins, all the way through.

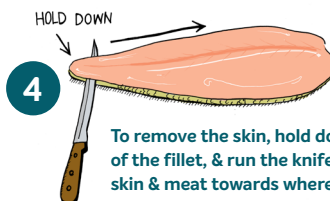


- 2 Insert knife about 1 inch & run along side of dorsal fin all the way to the tail.

Repeat Steps 1-2 on the other side.



- 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.

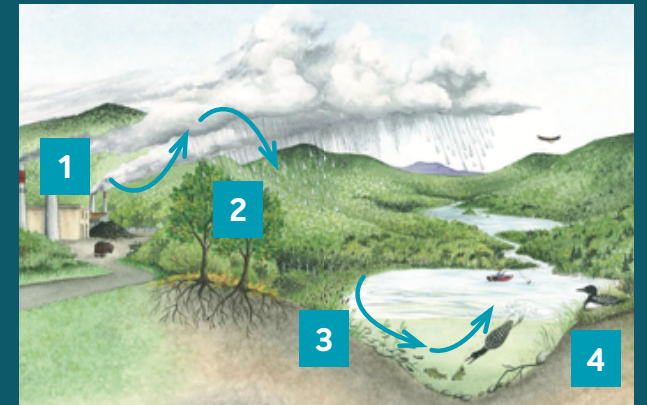


- 4 To remove the skin, hold down the tail end of the fillet, & run the knife between the skin & meat towards where the head was.

Why is there an advisory?

The North Carolina Department of Health and Human Services (DHHS) sets fish consumption advisories to protect health, especially for **people who are pregnant or 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 people who are or may become pregnant should not eat wild-caught catfish or largemouth bass from anywhere in North Carolina.

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, and follow per week portion and meal recommendations.



Duke University Superfund Research Center Community Engagement Core

✉ SuperfundCEC@duke.edu 🖨 bit.ly/eatsafefish

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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**

Duke UNIVERSITY | **SUPERFUND** Research Center

early life exposures, later life consequences



National Institute of
Environmental Health Sciences
Superfund Research Program

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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✉ superfund@duke.edu

Cited references available on request



Help keep
them safe.



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

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