

For more information on South
Carolina Fish Consumption
Advisories, contact

SC DHEC
2600 Bull Street
Columbia, SC 29201

Order Free Booklet
(803) 898-3539

Fish Advisory Hotline
1-888-849-7241 (toll-free)

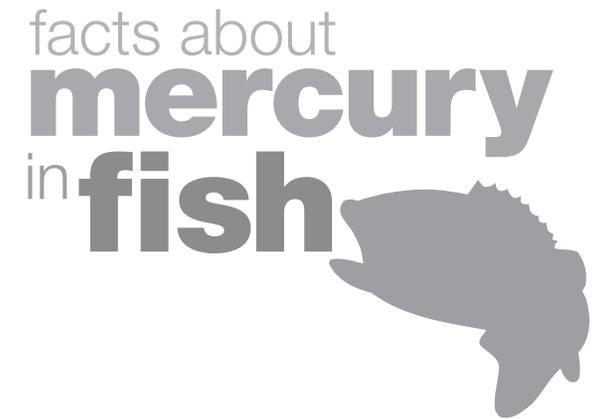
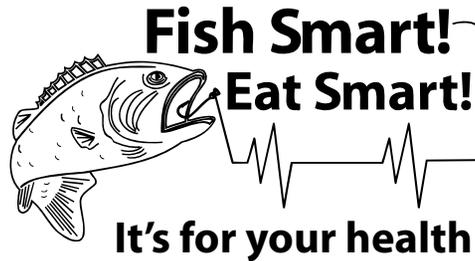
Fish Advisory Web site
www.scdhec.gov/fish

For more information on fishing,
contact

SC DNR
PO Box 167
Columbia, SC 29202
(803) 734-3886
www.dnr.sc.gov

For information on a free fishing
program for youth to earn rewards,
visit: www.dnr.sc.gov/aquaticed/

Fishing is a wonderful way
to reconnect with your family
and enjoy the outdoors.
Don't forget to check the
rules and regulations for your
area before you go!



Fishing is a fun and relaxing outdoor activity. But some fish caught in South Carolina may contain harmful levels of mercury.

Why should I eat fish?

- It's low in fat and contains omega-3 fatty acids (boosts heart health).
- It's a great source of protein, vitamins, & minerals.
- Eating the right types of fish regularly can reduce your chances of having a heart attack or stroke.

What is mercury?

- Mercury occurs naturally in the environment and is increased by human activities.
- Mercury gets into fish through the plants and animals that they eat.
- Mercury builds up in the protein or meat of the fish (part that we eat).
- Older and larger fish have eaten more and been in the water longer, so there may be more mercury in their bodies.

Who is at-risk?

- Babies
- Children under 14
- Women who are nursing
- Women who are pregnant
- Women who plan to become pregnant

Note: Persons not included in the above at-risk groups should follow the advice in the Fish Consumption Advisory booklet and website (www.scdhec.gov/fish).

Statewide Advice for At-Risk Women and Children:

- Eat only one meal of freshwater fish each week from a waterbody without an advisory.
- Do NOT eat any fish from waterbodies with an advisory (www.scdhec.gov/fish).
- Do NOT eat any king mackerel, shark, swordfish, tilefish, or cobia.

Why are these groups at a greater risk?

Developing bodies, such as babies and young children, are at a greater risk because mercury may be harmful to their brains and nervous systems.

Health notes for adults:

- Too much consumption of fish with high levels of mercury may lead to heart disease in adults.
- Health effects of mercury in adults can usually be corrected if a person stops eating fish that contain high levels of mercury.
- If you are concerned about the amount of mercury in your body, see your doctor.

How do I know how much fish is safe to eat?

Follow the South Carolina Fish Consumption Advisories by visiting www.scdhec.gov/fish or call DHEC's toll free Fish Advisory Hotline at 1-888-849-7241. For a free booklet call DHEC's Materials Library at (803) 898-3539.

How can I reduce the health risks of eating fish?

- Eat smaller fish and species of fish with less mercury. See suggestions for safe choices at www.fda.gov/Food/ResourcesForYou/Consumers/ucm077331.htm.
- Follow the Fish Consumption Advisories.
- Eat fish from lakes and rivers that do not have advisories.