

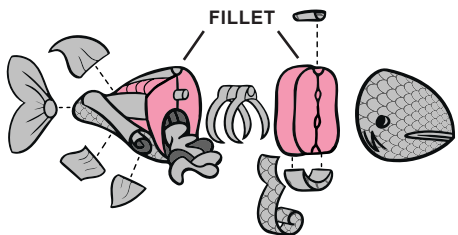


Do not eat ANY parts of the five contaminated fish listed on this card

REDUCE YOUR RISK

Certain parts of the fish are more likely to contain harmful chemicals

- ✓ Eat only the skinless fillet
- ✓ Bake, steam, fry, or grill fish



EAT	DO NOT EAT
FILLET (MUSCLE)	HEAD SKIN FAT ORGANS



EATING CONTAMINATED FISH MAY HARM YOUR HEALTH!

Some fish caught from the Palos Verdes Shelf are contaminated with:

• PCBs

(polychlorinated biphenyls)

• DDT

(dichlorodiphenyltrichloroethane)



People that are exposed to PCBs and DDT may have a higher risk of developing serious health problems, including cancer.



Eating contaminated fish does not make people sick right away. PCBs and DDT can build up in your body over time and cause health problems later in life.



PCBs and DDT can be especially harmful to children and developing babies even before they are born (during pregnancy).

DO NOT EAT



White Croaker
(Tomcod, Kingfish)



Barred Sand Bass



Black Croaker



Topsmelt



Barracuda

These fish are contaminated with chemicals that may cause serious health problems, including cancer.

Learn more at www.pvsfish.org



FISH ADVISORY

SANTA MONICA PIER TO SEAL BEACH PIER



- 1 Santa Monica Pier
- 2 Venice Pier
- 3 Hermosa Beach Pier
- 4 Redondo Beach Pier
- 5 Cabrillo Pier
- 6 Pier J
- 7 Rainbow Harbor
- 8 Belmont Pier
- 9 Seal Beach Pier



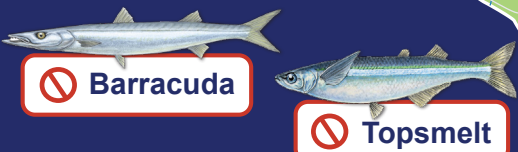
White Croaker



Black Croaker



Barred Sand Bass



Barracuda



Topsmelt

✓ FISH THAT ARE SAFER TO EAT ✓

ALWAYS CHECK SIZE AND CATCH LIMITS



Jacksmelt



Sargo



Surfperch



Pacific Mackerel



California Halibut



Pacific Sardine

Kelp (Calico) Bass



Yellowfin Croaker



California Corbina



Shovelnose Guitarfish



Pacific Bonito

While these fish are safer to eat, it is important not to exceed weekly serving suggestions. For current serving suggestions visit pvsfish.org/fishing/what-fish-are-safe-eat

1 2 3 4 5 6 7 8 9 10 11 12