



Can You Eat That Fish From the Hudson?

Chemicals in fish can harm your health even if the fish look healthy and the water looks clean. These chemicals – called PCBs – may be more harmful to young children and unborn babies.

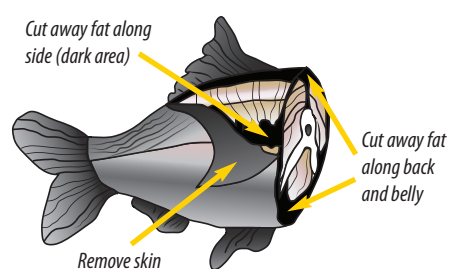
Women Under 50 and Children Under 15

Should not eat ANY fish or crabs from the Hudson River.



Men Over 15 and Women Over 50

Follow the diagram to reduce PCBs, which are in the fat of fish.



- After trimming as shown, broil, grill or bake the fish on a rack so that fat drips away.
- Do not pan-fry the fish or use drippings to make stock or sauce.



Get advice about eating Hudson River fish. See the brochure at the front desk.

(518) 402-7530 or 1-800-458-1158

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www.health.ny.gov/hudsonriverfish