



BOARD OF HEALTH
577 Bay Road, P.O. Box 429
Hamilton, MA 01936

Tel: 978-468-5579

Fax: 978-468-5582

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FISH CONSUMPTION ADVISORY

The Board of Health received a new fish consumption advisory (about Pleasant Pond) from the Massachusetts Department of Public Health. Chebacco Lake and Ipswich River are also under fish consumption advisories.

The advisory contains the following information about consuming fish from Chebacco Lake and Pleasant Pond: Large Mouth Bass are contaminated with Mercury.

Children younger than 12 years or age, pregnant women, women of childbearing age who may become pregnant, and nursing mothers should not eat any Large Mouth Bass from Chebacco Lake and Pleasant Pond.

The general public should limit consumption of Large Mouth Bass from Chebacco Lake and Pleasant Pond to two meals per month.

The advisory contains the following information about consuming fish from the Ipswich River: Fish are contaminated with Mercury.

Children younger than 12 years or age, pregnant women, women of childbearing age who may become pregnant, and nursing mothers should not eat any fish species from the Ipswich River.

The general public should limit consumption of all fish species from the Ipswich River to two meals per month.

Fish Advisories webpage: <http://www.mass.gov/dph/fishadvisories>

Below are two links from the page above

A Guide to Eating Fish Safely in Massachusetts:

http://www.mass.gov/Eeohhs2/docs/dph/environmental/exposure/fish_eating_guide.pdf

State-wide Freshwater Fish Consumption Advisory List:

http://www.mass.gov/Eeohhs2/docs/dph/environmental/exposure/fish_consumption_advisory_list.pdf