

SC FISH CONSUMPTION ADVISORIES



**For a complete list of FAQs
and advisories, VISIT:**

<https://www.scdhec.gov/FishAdvisories>



What is an advisory?

An advisory tells you the **type** and **amount of fish** that are safe to eat from different waterbodies across the state. If a waterbody or type of fish is not on the advisory list, it means that DHEC does not have restrictions for that waterbody or type of fish.

DHEC may not issue an advisory for several reasons:

- Contaminant levels are in a safe range.
- The waterbody has not been sampled.
- Not enough fish have been collected to determine if an advisory is needed.

Who are we most concerned about and why?

Those at greatest risk are babies, children under 14, and women who are nursing, pregnant or plan to become pregnant. Because their bodies, brains, and nervous systems are still developing, infants and small children are most susceptible to adverse health effects due to harmful contaminants. Our bodies naturally remove small amounts of contaminants, like mercury, but these contaminants can build up in our bodies if too much is being consumed.

How do you reduce health risks from fish under an advisory?

You can reduce the health risks from fish under an advisory by not eating more fish than the advisory recommends or by eating fish from lakes and rivers that do not have advisories. To reduce PCBs, you can clean and cook your fish a certain way (see website for cooking instructions). Finally, to reduce the health risks from fish under an advisory, keep and eat the small fish you catch and let the bigger ones go.