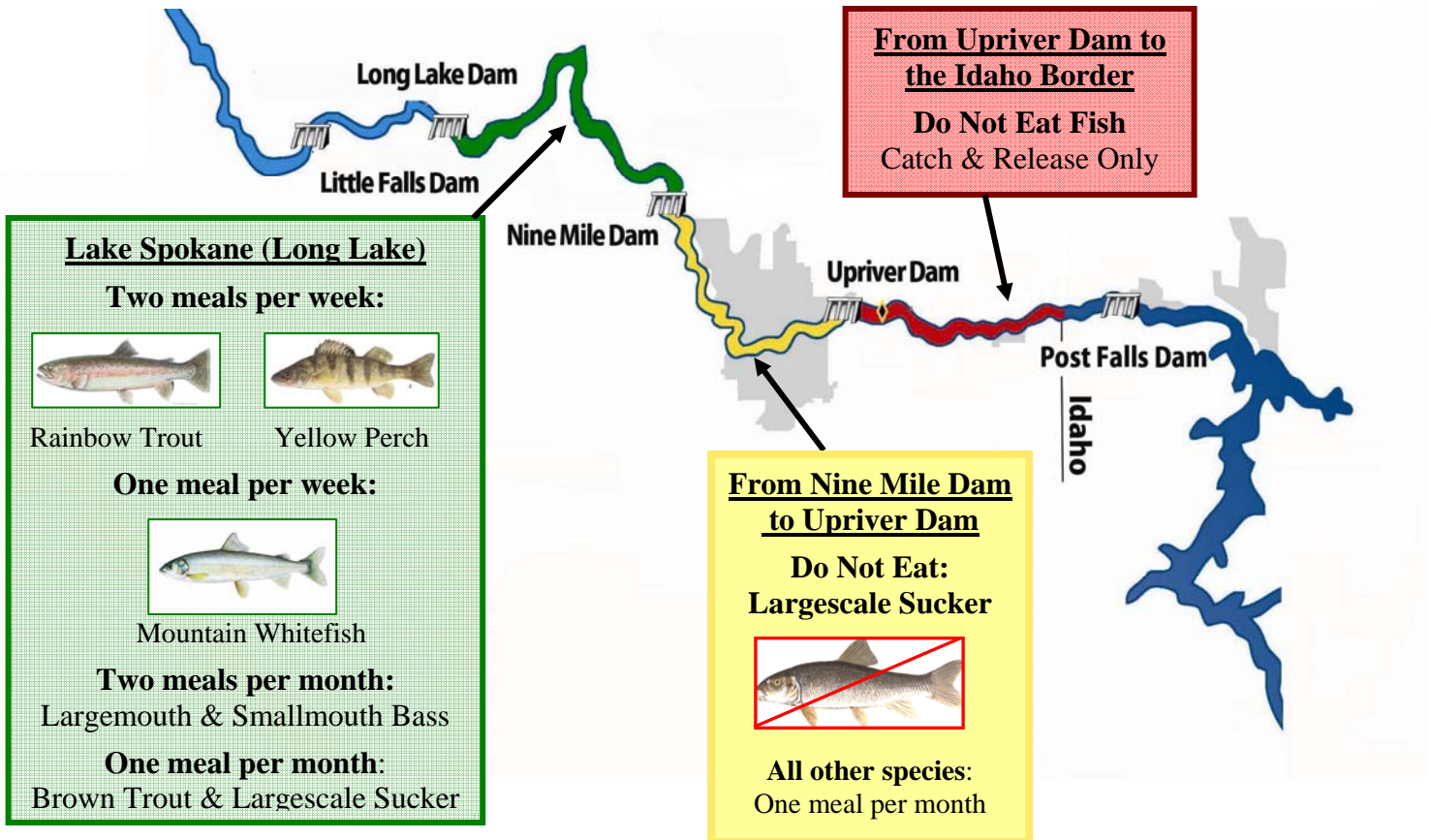


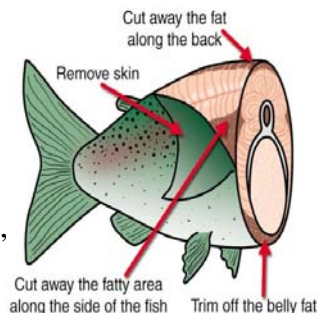
Spokane River fish contain chemicals called PCBs and PBDEs (flame retardants). These chemicals can be harmful to your health and the health of your children if eaten in quantities higher than advised.

This advisory is for everyone; men, women and children. Woman who are pregnant, nursing or plan to become pregnant should pay special attention to this advisory.



You can reduce your exposure to PCBs if you prepare your fish this way:

- When cleaning fish, remove the skin, fat and internal organs before cooking
- Cook fish on a rack so the juices and fat will drip off
- Do not eat the head, juices, bones, organs/guts, fat and skin
- Consume younger, smaller fish



Questions?

Spokane River Fish Advisory:
 Spokane Regional Health District
 Mike LaScuola Ph: 509-324-1574
www.srhd.org

Fish Advisories in Washington State:
 WA Department of Health
 Toll-Free 1-877-485-7316
www.doh.wa.gov/fish