

CHOOSE WISELY

A HEALTH GUIDE FOR EATING FISH IN WISCONSIN

2020 – 2023



FOR MORE INFORMATION

This advisory can also be viewed on the DNR's website at dnr.wi.gov/topic/fishing/consumption. To find out if fish from a particular water have been tested, call or write the DNR Bureau of Fisheries Management, PO Box 7921, Madison, WI 53707, (888) 936-7463 or contact your local DNR office.



Wisconsin DNR

dnr.wi.gov

Wisconsin Division of Public Health

(608) 266-1120 or dhs.wi.gov/water/fish.htm

U.S. Food and Drug Administration

fda.gov/food

U.S. Environmental Protection Agency

epa.gov/choose-fish-and-shellfish-wisely

Acknowledgments:

Wisconsin Department of Health Services – Division of Public Health
Great Lakes Consortium for Fish Consumption Advisories
Wisconsin Department of Natural Resources staff

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2020 – 2023



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This booklet will help you plan how much fish you can safely eat. This information is not intended to discourage you from eating fish, but to help you select fish that are low in contaminants.

FISHING FOR DINNER

Wisconsin waters are teeming with hungry fish. Learn how to land one on your dining table for a tasty, healthy meal, harvested from waters close to home. Visit dnr.wisconsin.gov and search "[Fishing for Dinner](#)"

HIGHLIGHTS

PUBLICATION DATE: DECEMBER 2020

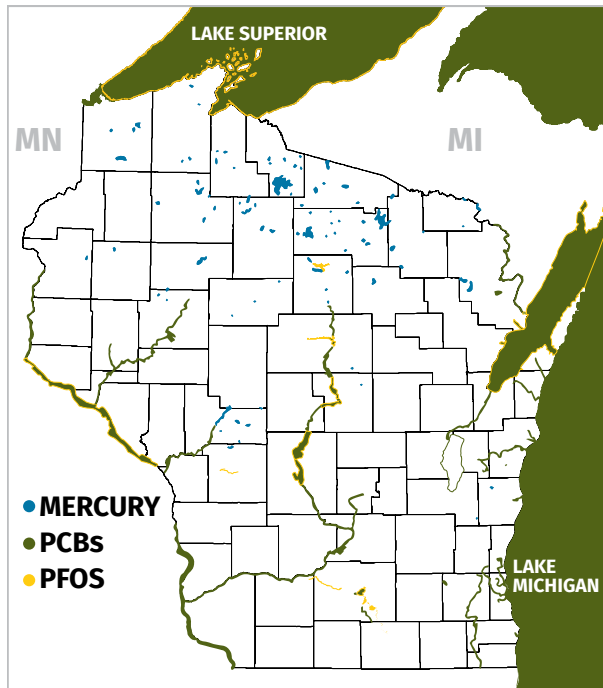
UPDATED: JANUARY 2023*

PFAS results come in frequently so the advisory information for any given waterbody listed in this book may not be the most current advice available. Visit dnr.wi.gov/topic/Fishing/consumption for up-to-date contaminant information.

CHANGES FROM PREVIOUS PUBLICATIONS:

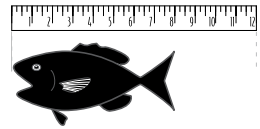
- New PFOS advisories for smelt in Lake Superior (January 2021), trout in Silver Creek (April 2021), multiple species in parts of the Yahara Chain (June 2021 and January 2023), for Petenwell Flowage (August 2021), rock bass in Green Bay and its tributaries up to the first dam (January 2022), brown trout in Black Earth Creek downstream to Blue Mound Creek (March 2022), for the La Crosse River at Angelo Pond (June 2022) and for the Wisconsin River at Lake Mohawksin and Castle Rock Lake (October 2022) and at Lake Wausau and the Stevens Point Flowage (January 2023).
- New PCB advice for coho and lake whitefish in Lake Michigan (July 2021).

CURRENT CONTAMINANT ADVISORIES IN WISCONSIN



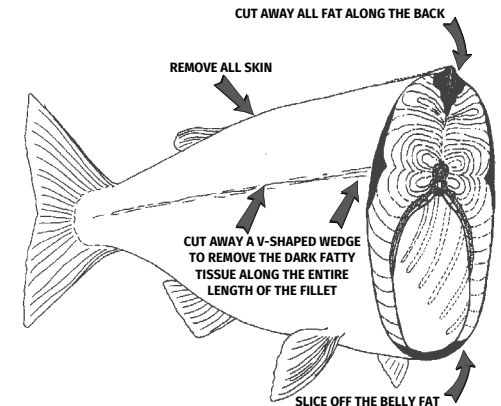
HOW SHOULD I USE THIS ADVISORY?

- 1) Read the [statewide safe-eating guidelines on page 5](#). These guidelines apply to fish from most of Wisconsin's inland (non-Great Lakes) waters.
- 2) Determine if your fishing spot has additional, special advice. Exceptions to the statewide safe-eating guidelines are necessary for some species of fish from 146 areas where fish have higher concentrations of mercury or PCBs. For [site specific advisories, see page 12-48](#) for waters where exceptions apply due to higher concentrations of mercury (shown in blue on map) or PCBs (shown in green on map) or PFOS (shown in yellow on map).
- 3) Follow the advice appropriate for the species of fish and length. To determine length, measure your fish from the tip of the nose to the end of the tail.
- 4) If the waterbody or fish species does not appear in the tables on pages [12-48](#), follow the [safe-eating guidelines on page 5](#). For [fish from stores or restaurants on page 7](#).



STEPS YOU CAN TAKE TO REDUCE YOUR CONTAMINANT INTAKE:

- Eat smaller, younger fish – keep trophies in the water or on the wall and off your plate!
- Space out your fish meals to allow your body to get rid of some mercury.
- To reduce PCB exposure, remove fatty parts of the fish before cooking (see diagram on the right).
- Use a cooking method that allows fat to drip away (like broiling or grilling).
- Don't use drippings to prepare sauces or gravies.



There are no known methods of preparing or cooking your fish that will reduce PFOS exposure.

BENEFITS OF EATING YOUR CATCH

Fishing is a great outdoors tradition. Eating your catch can be part of a healthy, balanced diet. Fish are generally low in unhealthy saturated fat, high in protein and contain vitamins and minerals.

Fish are also a primary food source of healthy fats – omega-3 fatty acids. Studies suggest that omega-3 fatty acids are essential for brain and nerve functions and modest consumption of fish containing omega-3s may lower the risk of heart disease in adults. Many doctors suggest eating one to two meals of fish each week can benefit your health but little additional benefit is gained by eating more than that.

However, fish may build up pollutants from the water they live in and the food they eat. Some pollutants can build up in the fish to levels that can be harmful to wildlife and humans who eat fish. **You can get the health benefits from eating fish while reducing unwanted contaminants by following this advisory.**

You and your family should determine the type and amount of fish you eat and compare that to the advice in this guide. After consulting the advisory, you may want to eat different species of fish, eat smaller fish, eat fish from different waters or space fish meals farther apart.

WHAT CONTAMINANTS ARE IN WISCONSIN'S FISH?

Two contaminants are responsible for most fish advisories in Wisconsin. They are polychlorinated biphenyls (PCBs) and mercury. These contaminants differ in where they come from, where they build up in fish tissue and how they affect human health.

Contaminants such as PCBs and mercury build up in your body over time. The risk of health problems increases with the amount of contaminated fish you eat over time. Health problems that have been linked to PCBs and mercury range from effects that are hard to detect like poor balance or problems with memory, to a slight increase in your risk of a more serious disease like diabetes or cancer.

Other contaminants of concern at a few locations in Wisconsin are dioxins and perfluorooctane sulfonate (PFOS).

MORE INFORMATION ON **PCBs**, **MERCURY**, AND **PFOS** CAN BE FOUND [ON PAGES 9-11](#)

STATEWIDE SAFE-EATING GUIDELINES

Wisconsin's fish consumption advice is a recommendation on how many meals of fish you and your children may safely eat. **The recommended number of meals for a given length of time (weekly, monthly or yearly) is based on the contaminant levels found in fish and may vary by location and by type and size of the fish.**

Because fish from most waters contain mercury, statewide safe-eating guidelines provide the same advice for most inland waters. However, there are special exceptions to the statewide safe-eating guidelines for locations where higher levels of contaminants have been found in fish.

STATEWIDE SAFE-EATING GUIDELINES FOR MOST OF WISCONSIN'S INLAND (NON-GREAT) LAKES WATERS		
Species	Women under 50 and children under 15	Women over age 50 and men
Bluegill, crappies, yellow perch, sunfish, rock bass, bullheads, inland trout	1 serving per week	Unrestricted
AND		
Walleye, pike, bass, catfish, all other species not listed here	1 serving per month	1 serving per week
AND		
Musky	Do not eat	1 serving per month



Black crappie



White bass



Bluegill



Muskellunge



Channel catfish

WHAT IS A SERVING?

Your body weight	Fillet weight before cooking
75 pounds	¼ pound (4 oz)
150 pounds	½ pound (8 oz)
225 pounds	¾ pound (12 oz)

*Doctors suggest that eating 1-2 servings per week of low-contaminant fish or shellfish can benefit your health. Little additional benefit is obtained by consuming more than that amount, and you should rarely eat more than 4 servings of fish within a week.

CAN I EAT CRAYFISH AND TURTLES?

If you plan to eat crayfish and snapping turtles from Wisconsin, follow applicable harvest rules and regulations. Clams may no longer be harvested from Wisconsin waters.

These and other animals can also accumulate contaminants, but the levels aren't necessarily the same as in fish. Snapping turtles have very defined fat deposits that can be removed during cleaning to reduce any fat-soluble contaminants that might be present, such as PCBs.

Some sites have "Do Not Eat" warnings for many species of fish. Before catching and dining on wild fare from these sites, it's best to contact a local DNR office for more information.

Follow fishing rules.

[See Wisconsin's fishing regulations!](#)

WHAT ABOUT FISH PARASITES AND DISEASES?

Select healthy fish and tissue for eating. Fish that appear normal are safe to eat so long as the fish is properly cooked. You shouldn't eat fish you found dead, decomposing or that appear sick. Wash your hands after handling fish, especially if they are dead or appear diseased.

Fish may have parasites, carry viruses or bacteria or have tumors or cysts. Most fish parasites are a normal part of the ecosystem and do not pose a health risk if the fish is thoroughly cooked. The only parasite in Wisconsin fish that is a concern to humans is the broadfish tapeworm that lives in the muscle of some fish. If you are pickling fish, use a canning method that includes a boiling water bath to ensure that any tapeworms are killed.

For more information about preventing the spread of fish diseases, see dnr.wi.gov/topic/fishing/fishhealth.

WHAT ABOUT FISH PURCHASED FROM A STORE OR RESTAURANT?

Most purchased fish are from oceans or are farm-raised, but some are commercially harvested from local waters. Purchased fish also may contain contaminants. The U.S. Food and Drug Administration (FDA) sets tolerance levels for contaminants and regulates the interstate sale of fish. In addition, the FDA and the U.S. Environmental Protection Agency (EPA) recommend that 8 to 12 ounces of low-mercury fish be eaten per week to obtain the health benefits of fish and shellfish. See the FDA/EPA Consumer Advice for more information (fda.gov/food/chemicals-metals-pesticides-food) and to determine which commercial fish species are safest.

Before purchasing fish, ask where the fish was harvested. Do not regularly eat types of fish with high levels of contaminants. Check state and local agencies for information on the safety of commercially sold fish harvested from local waters. Several Wisconsin sportfish are also commercially caught and sold.

See pages 14–15 for advice for [Lake Michigan](#) and [Lake Superior](#) if you eat purchased fish harvested from these waters.

FOLLOW THESE GUIDELINES FOR POPULAR COMMERCIAL FISH TO REDUCE YOUR EXPOSURE TO MERCURY

Purchased Species	Women under 50 and children under 15	Women over age 50 and men
Atlantic or Pacific salmon (not from the Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury	2 meals per week	Unrestricted
OR		
Canned "light" tuna	1 meal per week	Unrestricted
AND		
Canned "white" tuna (Albacore), tuna steaks, halibut	1 meal per month	1 meal per week
AND		
Shark, swordfish, king mackerel, tilefish	DO NOT EAT	1 meal per month

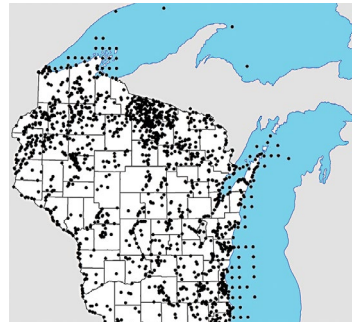
WHERE ARE FISH TESTED FOR CONTAMINANTS?

Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New sites are tested each year, along with some previously tested waters to determine trends in contaminant levels.

Wisconsin is rich in water resources. There are nearly 15,000 lakes and 32,000 miles of rivers located within the state, as well as [Lake Michigan](#) and [Lake Superior](#) and the Mississippi River on its borders. Since testing began, over 1,700 sites have been tested.

Wisconsin focuses its sampling program in:

- waters with known or suspected pollution;
- lakes that may be susceptible to mercury contamination;
- popular angling waters; and
- waters where changes with time are being tracked.



The map shows locations from which fish were sampled at least once for contaminant analysis. **You can still eat fish from waters that have not yet been tested – just follow the [safe-eating guidelines on page 5](#).**

WHO CREATED THESE GUIDELINES?

Wisconsin's fish consumption advice is based on the work of public health, water quality and fisheries experts from eight Great Lakes states and the Canadian province of Ontario. Based on the best available evidence, these scientists determined how much fish is safe to eat over a lifetime based on the amount of contaminants found in the fish and how those contaminants affect human health. Health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on healthy development of babies and children.

PCBs have been shown to cause cancer in animals. The risk of developing cancer as a result of eating contaminated fish is very small and varies depending on your genetic susceptibility and general health and on the amount of contaminated fish eaten over a lifetime. Using methods developed by the EPA, it is estimated that among 10,000 people who follow this advisory over their lifetime, no more than one additional cancer case should occur.

ALL ABOUT MERCURY

What is it? Where does it come from?

Mercury occurs in the environment naturally and as a result of human activity. It is released into the air when rocks erode, volcanoes erupt and soils decompose. It is also released into the air when power plants burn coal, incinerators burn mercury-containing waste and during the production of some chemicals. Airborne mercury attaches itself to water and dust particles and enters lakes and other waters in rain, snow and runoff.

What water bodies contain mercury?

Mercury is found in all waters. Lakes and wetland areas are more likely to contain bacteria which changes the mercury into a form that is easily absorbed by fish and other organisms. Therefore, those waters tend to have fish with higher mercury concentrations.

What types of fish contain the most mercury?

All fish contain some mercury. Walleyes and other larger, older predatory fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie, yellow perch or smaller fish of the same species from the same lake or river. Fish absorb mercury mostly from their food.

Where is it found in fish?

Mercury accumulates throughout the fish, including the part that you eat. Therefore, **trimming, skinning and cooking do not reduce mercury levels in fish.**

What is its effect on human health?

Mercury affects the human nervous system. Mercury can damage developing brains of children and may affect a child's behavior and ability to learn. In adults, too much mercury may result in loss of coordination and affect vision, hearing and speech. Some studies have also found higher rates of heart disease in men who had elevated mercury levels.

The human body can eliminate mercury over a period of several weeks. Therefore, spacing your meals out over time will help reduce the amount of mercury in your system.

ALL ABOUT PCBs

<p>What are they? Where do they come from?</p>	<p>Polychlorinated biphenyls (PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils and hydraulic fluids. Manufacture of PCBs was banned in the U.S. in 1979. However, because PCBs are slow to break down in the environment they remain a problem.</p>
<p>What water bodies contain PCBs?</p>	<p>PCBs released into the environment accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use are more likely to have PCB-contaminated fish than inland lakes. This is because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.</p>
<p>What types of fish contain the most PCBs?</p>	<p>Fish absorb PCBs from contaminated sediments suspended in the water and from their food. The amount of PCBs found in fish varies depending on species, age, size, fat content and diet. Larger and older fish will contain more contaminants than smaller younger fish. PCBs accumulate in the fat of fish. Therefore, fatty fish like carp and catfish may contain higher levels of PCBs.</p>
<p>Where is it found in fish?</p>	<p>Fortunately, you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch on page 3. Cooking does not destroy PCBs but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill or bake the trimmed skinned fish on a rack so the fat drips away. Do not use the drippings to prepare sauce or gravies.</p>
<p>What is its effect on human health?</p>	<p>Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. Infants and children of women who have eaten a lot of contaminated fish may have lower birth weights and be delayed in physical development and learning. PCBs may affect reproductive function and the immune system and are also associated with cancer risk.</p> <p>Once eaten, PCBs are stored in body fat for many years. Each time you ingest PCBs the total amount of PCBs in your body increases.</p>

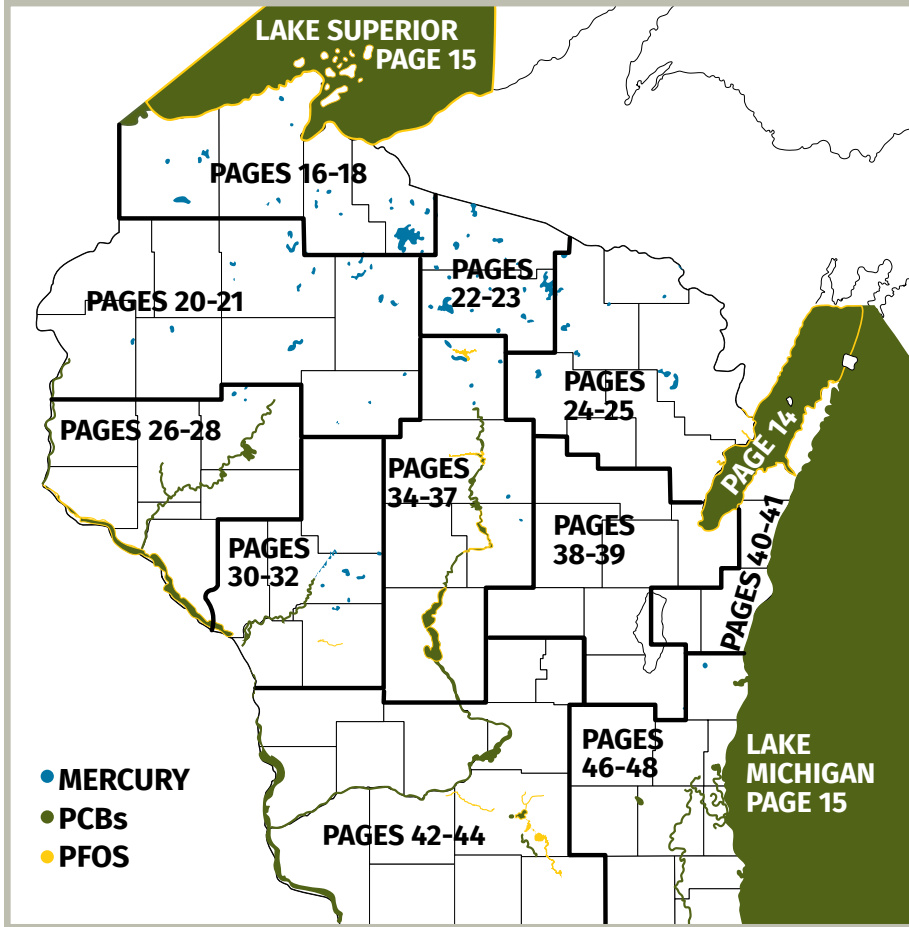
ALL ABOUT PFOS

<p>What are they? Where do they come from?</p>	<p>PFOS are one of many per and polyfluoroalkyl substances (PFAS). PFAS are a group of human-made chemicals used for decades in numerous products, including non-stick cookware, fast food wrappers, stain-resistant sprays and certain types of firefighting foam. These contaminants have made their way into the environment in a variety of ways, including spills of PFAS-containing materials, discharges of PFAS-containing wastewater to treatment plants and certain types of firefighting foams.</p>
<p>What water bodies contain PFOS?</p>	<p>PFOS has recently been detected in Lake Superior, Wingra Creek, Starkweather Creek, Lake Monona, Lake Waubesa, Upper and Lower Mud Lake, Lake Kegonsa and the Yahara River downstream to the Rock River, Silver Creek and the La Crosse River at Angelo Pond in Monroe County, Black Earth Creek downstream to Blue Mound Creek in Dane County and in the Mississippi River. It's also been found in Green Bay and its tributaries up to the first dam, as well as in the Wisconsin River at Lake Mohawksin, Lake Wausau, Castle Rock Lake and in the Stevens Point, Biron and Petenwell flowages. 🌿</p>
<p>What types of fish contain the most PFOS?</p>	<p>Panfish (white bass, bluegill and crappie) tend to have higher PFOS levels.</p>
<p>Where is it found in fish?</p>	<p>PFOS, in particular, builds up in fish tissue, but accumulation patterns are hard to predict.</p>
<p>What is its effect on human health?</p>	<p>PFAS can be stored in your body for years. Health risks may increase as you eat more fish that are high in PFAS. Some of the health risks of PFOS are: developmental impairments in children, links to higher risks of cancer, harm to the immune and reproductive systems, increased cholesterol levels and altered hormone regulation and thyroid hormones.</p>
<p>🌿 We are currently monitoring PFOS in fish from lakes and waterbodies across the state.</p>	

SITE SPECIFIC ADVISORIES

In this booklet, waters with exceptions to the [statewide safe-eating guidelines on page 5](#) are listed by groups of counties (see county index).

BLUE waters below represent those with exceptions due to mercury, while **GREEN** waters are those where PCBs are the primary concern. **YELLOW** waters signify where PFOS has been detected.

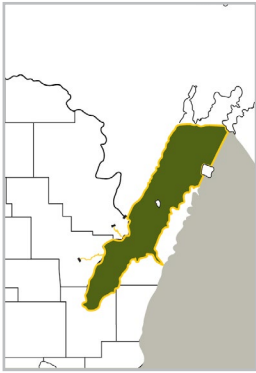


COUNTY INDEX

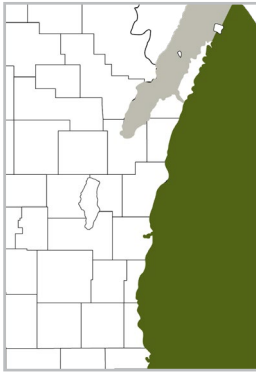
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SITE SPECIFIC ADVISORIES FOR

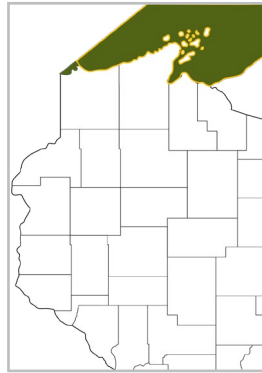
GREEN BAY



LAKE MICHIGAN



LAKE SUPERIOR



GREEN BAY AND ITS TRIBUTARIES

Up to their first impassable barrier, except for the [Fox River](#). See also advice for the [Menominee River](#).

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Brown trout			Under 26"	Over 26"	
Burbot		All sizes			
Carp					All sizes
Channel catfish				All sizes	
Chinook salmon			All sizes		
Lake whitefish			All sizes		
Musky					All sizes
Northern pike		Under 27"	Over 27"		
Rainbow trout			All sizes		
Rock bass		All sizes			
Sheepshead			All sizes		
Smallmouth bass		Under 13"	Over 13"		
Sturgeon					All sizes
Walleye			All sizes		
White bass			All sizes		
White perch			All sizes		
White sucker		All sizes			
Yellow perch		All sizes			

For the [Menominee River](#), see page 25. For the [Fox River](#), see pages 39 and 43.

LAKE MICHIGAN AND ITS TRIBUTARIES

See also advice for the [Ahnapee](#), [Kewaunee](#), [Manitowoc](#), [Milwaukee](#), [Pike](#), [Root](#), [Sheboygan](#) and [Twin Rivers](#).

GUIDELINES FOR EVERYONE (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Brown trout			All sizes		
Chinook salmon			All sizes		
Chubs			All sizes		
Coho salmon		Under 27"	Over 27"		
Lake trout		Under 22"	22" – 30"		Over 30"
Lake whitefish		All sizes			
Rainbow trout		All sizes			
Smelt		All sizes			
Yellow perch		All sizes			

For the [Ahnapee](#), [Kewaunee](#), [Manitowoc](#), [Milwaukee](#), [Pike](#), [Root](#), [Sheboygan](#) and [Twin Rivers](#), see pages 40–41 and 46–48.

LAKE SUPERIOR AND ITS TRIBUTARIES

Up to their first impassable barrier. See also advice for [Superior Harbor and St. Louis River](#).

GUIDELINES FOR EVERYONE (PCBs AND MERCURY)

GUIDELINES FOR EVERYONE (PFOS)

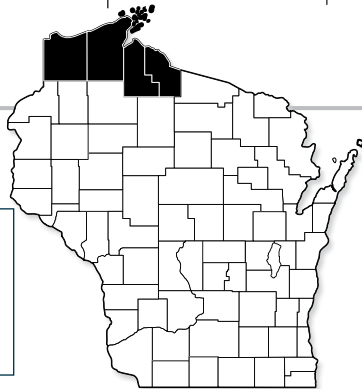
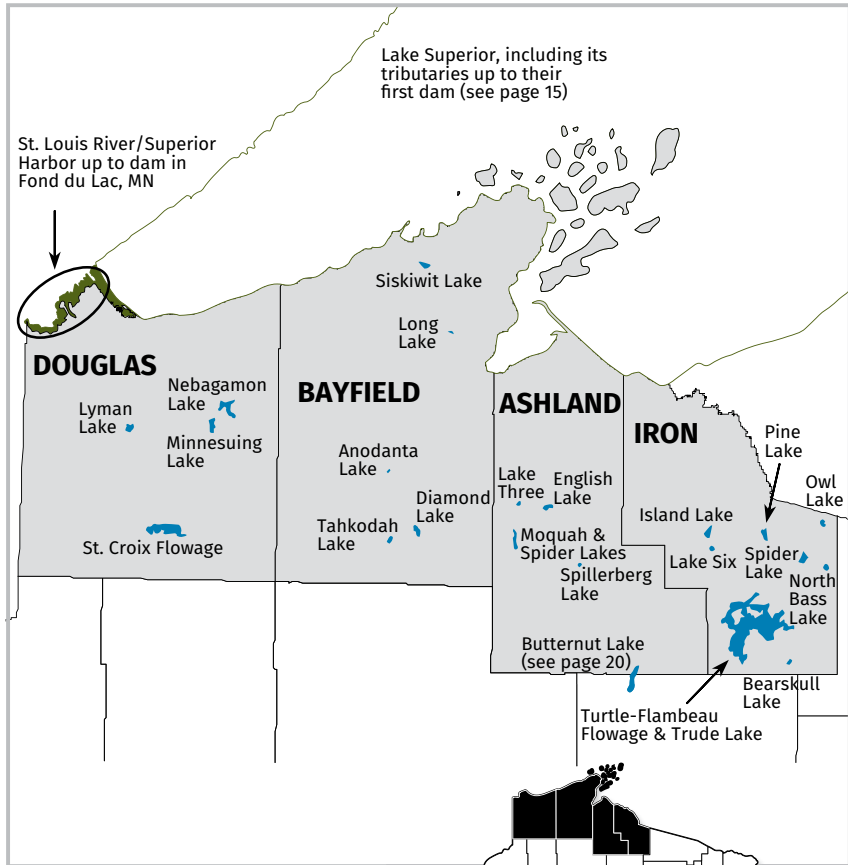
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Brown trout		All sizes			
Burbot		All sizes			
Chinook salmon		All sizes			
Chubs		All sizes			
Coho salmon	All sizes ➤	All sizes ➤			
Lake herring	All sizes ➤	All sizes ➤			
Lake sturgeon			Over 60"		
Lake trout			All sizes		
Lake whitefish		All sizes			
Rainbow trout	All sizes ➤	All sizes ➤			
Siscowet			All sizes		
Smelt			All sizes		
Walleye		All sizes ➤	All sizes ➤		
Yellow perch	All sizes ➤	All sizes ➤			

For [Superior Harbor and St. Louis River](#), see page 18.

➤ Advice for women over age 50 and men

➤➤ Advice for women under age 50 and children under age 15

SITE SPECIFIC ADVISORIES FOR Douglas, Bayfield, Ashland and Iron Counties



For all other species/sizes in these waters and non-Great Lakes waters in these counties, follow the [safe-eating guidelines on page 5](#).

GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

Up to 1 meal per month

Do not eat

GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Anodanta Lake	Black crappie, Bluegill	
Bearskull Lake	Bluegill	Walleye over 18"
Diamond Lake		Walleye over 19"
English Lake		Walleye over 16"
Island Lake (T44 R1E S25)	Black crappie	Walleye
Lake Six	Yellow perch	Northern pike over 26"
Lake Three (T44 R4W S3)	Black crappie	
Long Lake (T48 R5W S6)	Yellow perch	Largemouth bass over 14" Walleye over 15"
Lyman Lake	Black crappie	Walleye over 17"
Minnesuing Lake	Black crappie	Walleye over 20"
Moquah & Spider Lakes	Bluegill	
Nebagamon Lake		Walleye over 23"
North Bass Lake	Bluegill	Largemouth bass
Owl Lake	Black crappie	Walleye
Pine Lake (T44 R3E S29)		Walleye over 21"
Siskiwit Lake		Walleye over 16"
Spider Lake		Walleye over 15"
Spillerberg Lake	Yellow perch	
St. Croix Flowage	Black crappie	
Tahkodah Lake	All panfish	Walleye
Turtle-Flambeau Flowage & Trude Lake	Black crappie	Walleye over 24"

**SITE SPECIFIC ADVISORIES FOR
Douglas, Bayfield, Ashland and Iron Counties**

GUIDELINES FOR EVERYONE (PCBs)

BASE GUIDELINES (MERCURY)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Superior Harbor and St. Louis River from Superior Entry to dam at Fond du Lac, MN					
Black crappie		All sizes ♀♂	All sizes ♀♂		
Carp			All sizes		
Freshwater drum			All sizes		
Walleye			Over 22" ♀♂		
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5 .				

♀♂ Advice for women over age 50 and men

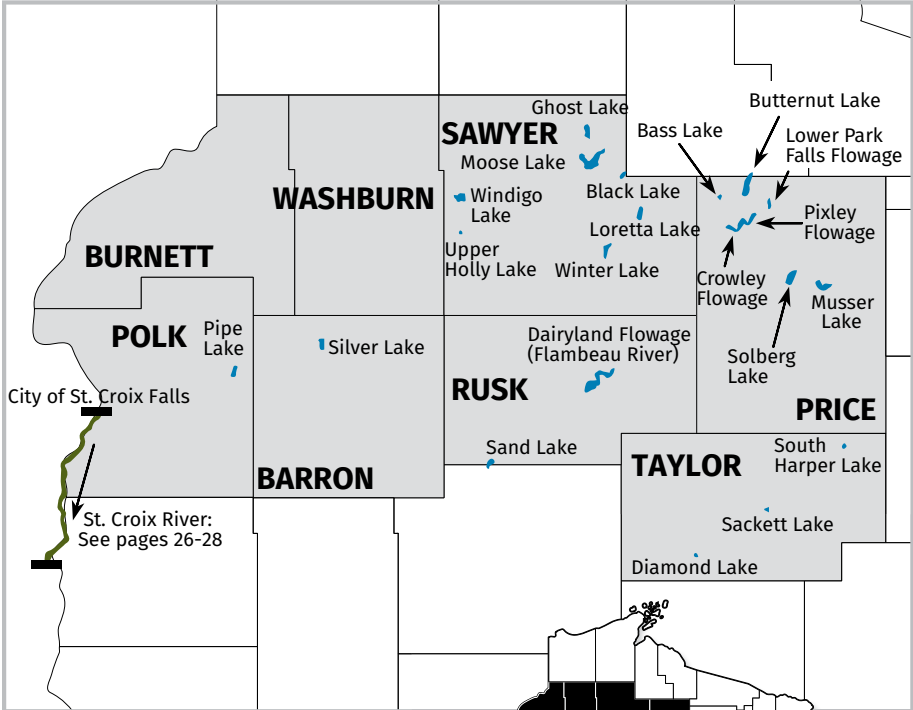
♀♂ Advice for women under age 50 and children under age 15



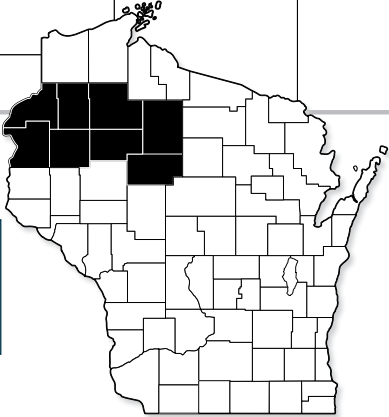
Couple fishing on Caroline Lake in Ashland County.

Photo courtesy of Rachel Hershberger / TravelWisconsin.com

SITE SPECIFIC ADVISORIES FOR Burnett, Polk, Washburn, Barron, Sawyer, Rusk, Taylor and Price Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).



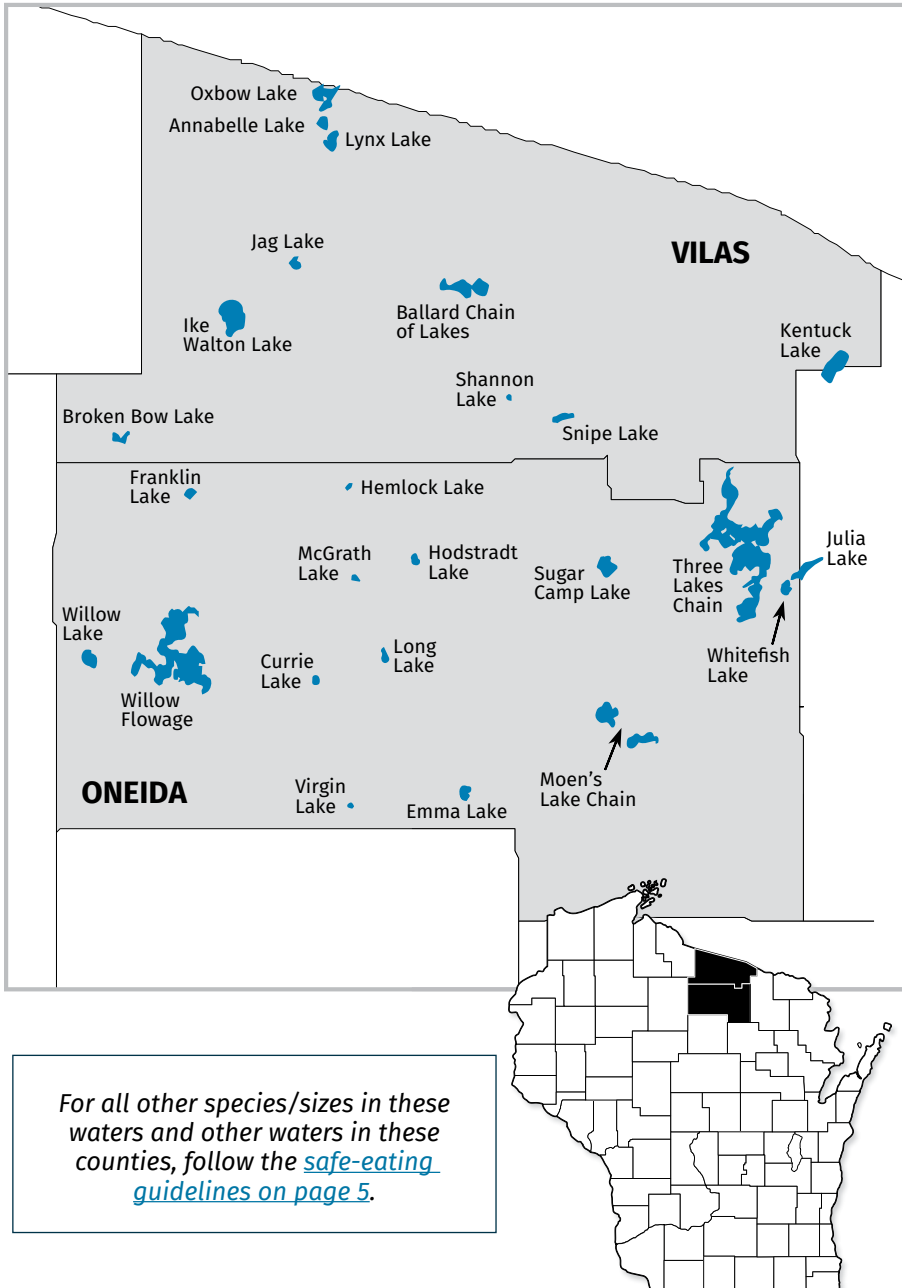
GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
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GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Bass Lake (T40 R2W S15)		Walleye over 15"
Black Lake	Black crappie Bluegill	
Butternut Lake (T40 R1W S18)		Walleye over 16"
Crowley Flowage (Flambeau River)	Black crappie	Walleye over 23"
Dairyland Flowage (Flambeau River)		Walleye
Diamond Lake		Walleye
Ghost Lake		Walleye over 20"
Loretta Lake (Upper Brunet Flowage)	Black crappie	
Lower Park Falls Flowage (Flambeau River)		Northern pike over 22"
Moose Lake		Walleye
Musser Lake	Black crappie	Walleye over 24"
Pipe Lake (T35 R15W S15)		Largemouth bass
Pixley Flowage (Flambeau River)	Black crappie	Walleye over 23"
Sackett Lake		Walleye over 19"
Sand Lake (T33 R8W S34)		Walleye over 21"
Silver Lake		Walleye over 15"
Solberg Lake	Black crappie	
South Harper Lake		Walleye over 19"
Upper Holly Lake	Black crappie	
Windigo Lake		Walleye over 15" Northern pike over 19"
Winter Lake	Black crappie	

SITE SPECIFIC ADVISORIES FOR Vilas and Oneida Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).

GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

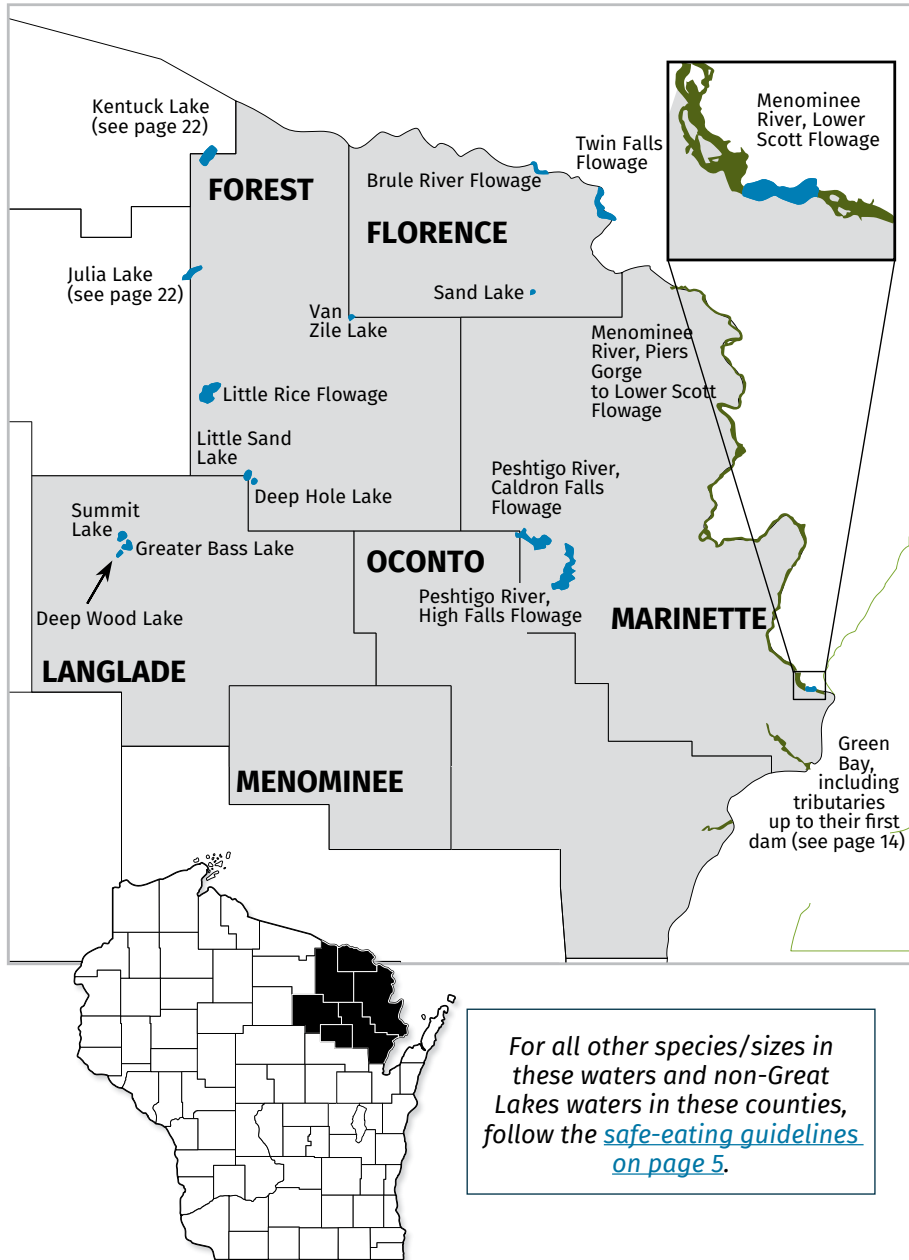
Up to 1 meal per month

Do not eat

GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Annabelle Lake		Walleye over 20"
Ballard Chain (includes Ballard, White Birch, and Irving Lakes)		Walleye over 17"
Broken Bow Lake		Largemouth bass over 15"
Currie Lake		Walleye over 16"
Emma Lake		Walleye over 20"
Franklin Lake		Walleye over 21"
Hemlock Lake	All panfish	Walleye over 17"
Hodstradt Lake		Walleye over 19"
Ike Walton Lake		Walleye
Jag Lake		Walleye over 20"
Julia Lake (T38 R12E S6)		Walleye over 15"
Kentuck Lake	Black crappie	
Long Lake (T37 R7E S10)		Walleye over 18"
Lynx Lake (T43 R7E S18)		Walleye over 18"
McGrath Lake	Bluegill Yellow perch	Largemouth bass over 18"
Moen's Lake Chain (includes Moen's, Second, Third, Fourth, & Fifth Lakes)		Walleye over 19"
Oxbow Lake		Walleye over 21"
Shannon Lake		Largemouth bass over 16"
Snipe Lake	Yellow perch	Walleye over 19"
Sugar Camp Lake		Northern pike over 28" Smallmouth bass over 17" Walleye over 18"
Three Lakes Chain (includes Big, Big Fork, Big Stone, Dog, Fourmile, Island, and Planting Ground Lakes)	Yellow perch	Walleye over 26"
Virgin Lake		Walleye over 22"
Whitefish Lake	Yellow perch	
Willow Flowage		Walleye over 17"
Willow Lake (T37 R4E S9)		Walleye over 20"

SITE SPECIFIC ADVISORIES FOR Langlade, Forest, Florence, Marinette, Oconto and Menominee Counties



GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)		
Waterbody	Up to 1 meal per week	Up to 1 meal per month
Brule River Flowage	Black crappie	Walleye over 24"
Caldron Falls Flowage (Peshtigo River)	Black crappie Yellow perch	Walleye over 17"
Deep Hole Lake		Walleye over 18"
Deep Wood Lake (T33 R10E S14)	Bluegill	Northern pike over 26"
Greater Bass Lake		Largemouth bass Northern pike over 22"
High Falls Flowage (Peshtigo River)	Black crappie	Walleye over 17"
Little Rice Flowage	Black crappie	
Little Sand Lake	Bluegill	Northern pike over 25"
Lower Scott Flowage (Menominee River)	All panfish	Walleye over 16"
Sand Lake (T38 R18E S21)		Walleye over 18"
Summit Lake	Black crappie	Largemouth bass
Twin Falls Flowage (Menominee River)		Northern pike over 21"
Van Zile Lake		Largemouth bass Northern pike over 24"

GUIDELINES FOR EVERYONE (PCBs)

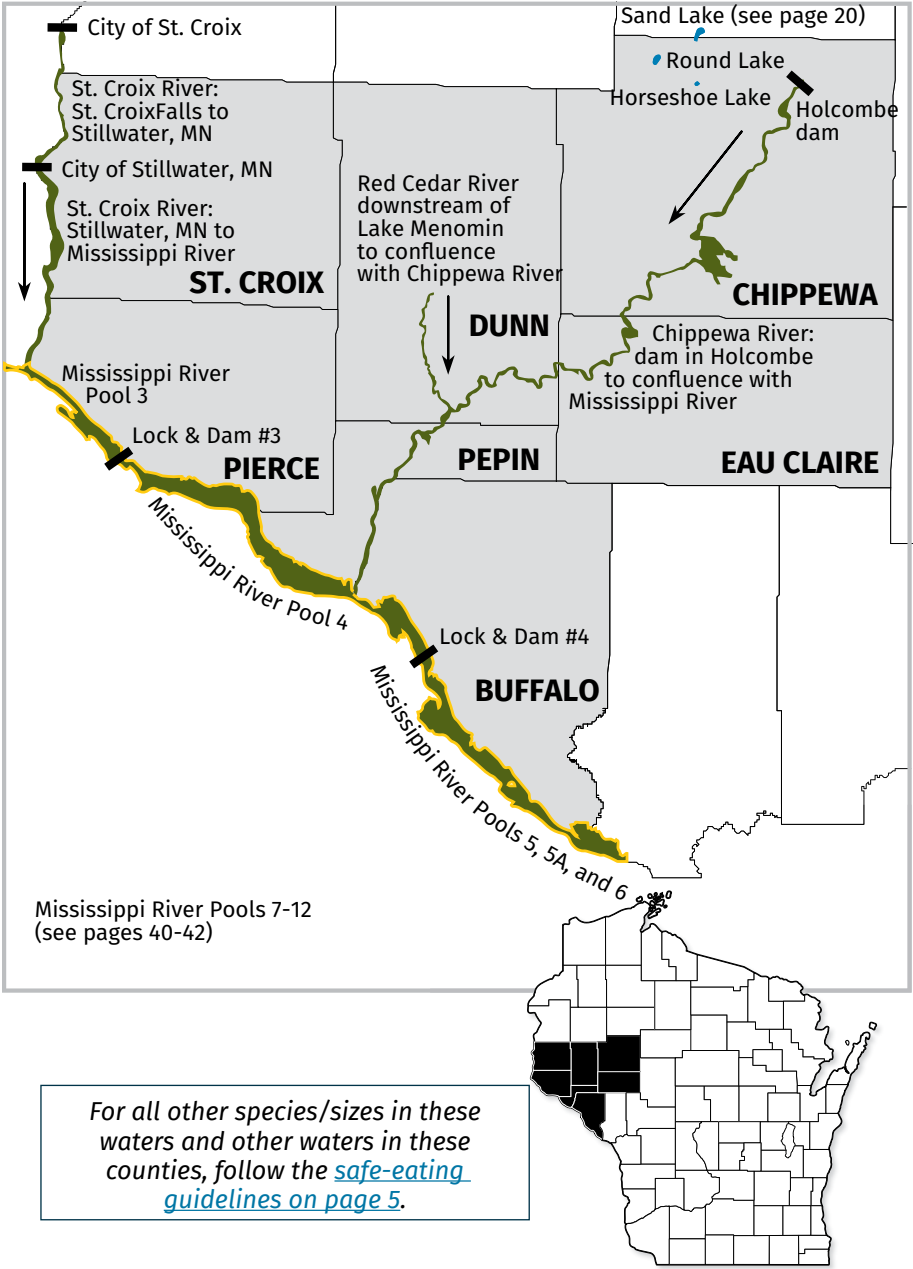
BASE GUIDELINES (MERCURY)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Menominee River: Piers Gorge to Lower Scott Flowage					
Carp			All sizes		
Lake sturgeon					All sizes
Walleye			Over 20" 🦈		Over 20" 🦈🦈
Other species	Follow the safe-eating guidelines on page 5 .				

🦈 Advice for women over age 50 and men

🦈🦈 Advice for women under age 50 and children under age 15

SITE SPECIFIC ADVISORIES FOR St. Croix, Pierce, Dunn, Pepin, Buffalo, Chippewa and Eau Claire Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).

GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
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GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Horseshoe Lake (T32 R8W S33)		Walleye over 20"
Round Lake (T32 R9W S14)	Black crappie	Walleye over 18"

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

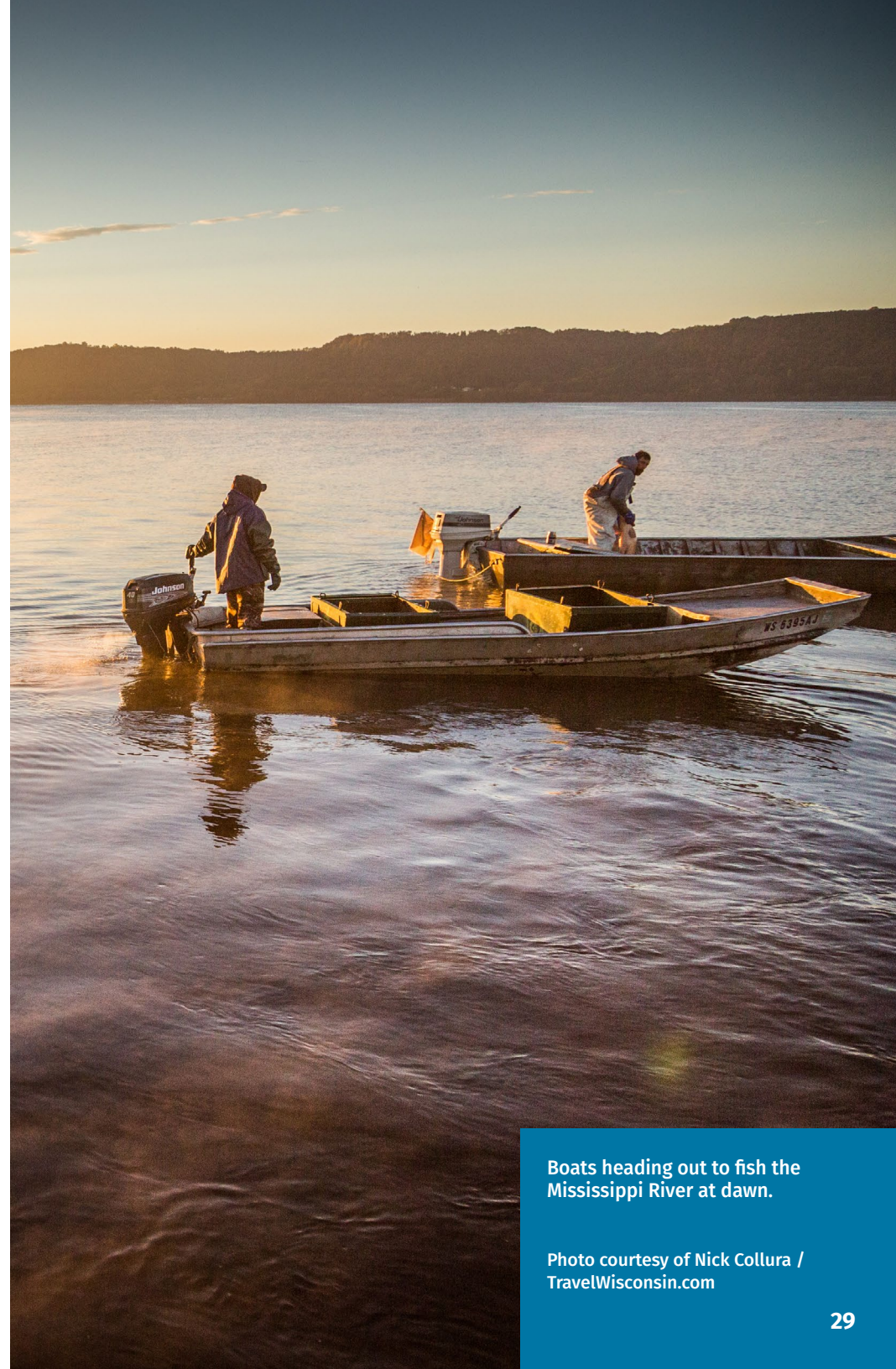
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Chippewa River downstream of Holcombe Dam to confluence with Mississippi River					
Carp			All sizes		
Sturgeon			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pool 3					
Bluegill		All sizes			
Buffalo			All sizes		
Channel catfish			All sizes		
Crappie		All sizes			
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pool 4					
Bluegill		All sizes			
Buffalo			All sizes		
Channel catfish			All sizes		
Crappie		All sizes			
Flathead catfish			All sizes		
White bass			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pools 5, 5A and 6					
Bluegill		All sizes			
Crappie		All sizes			
Flathead catfish			All sizes		
White bass			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				

**SITE SPECIFIC ADVISORIES FOR
St. Croix, Pierce, Dunn, Pepin, Buffalo, Chippewa and
Eau Claire Counties**

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

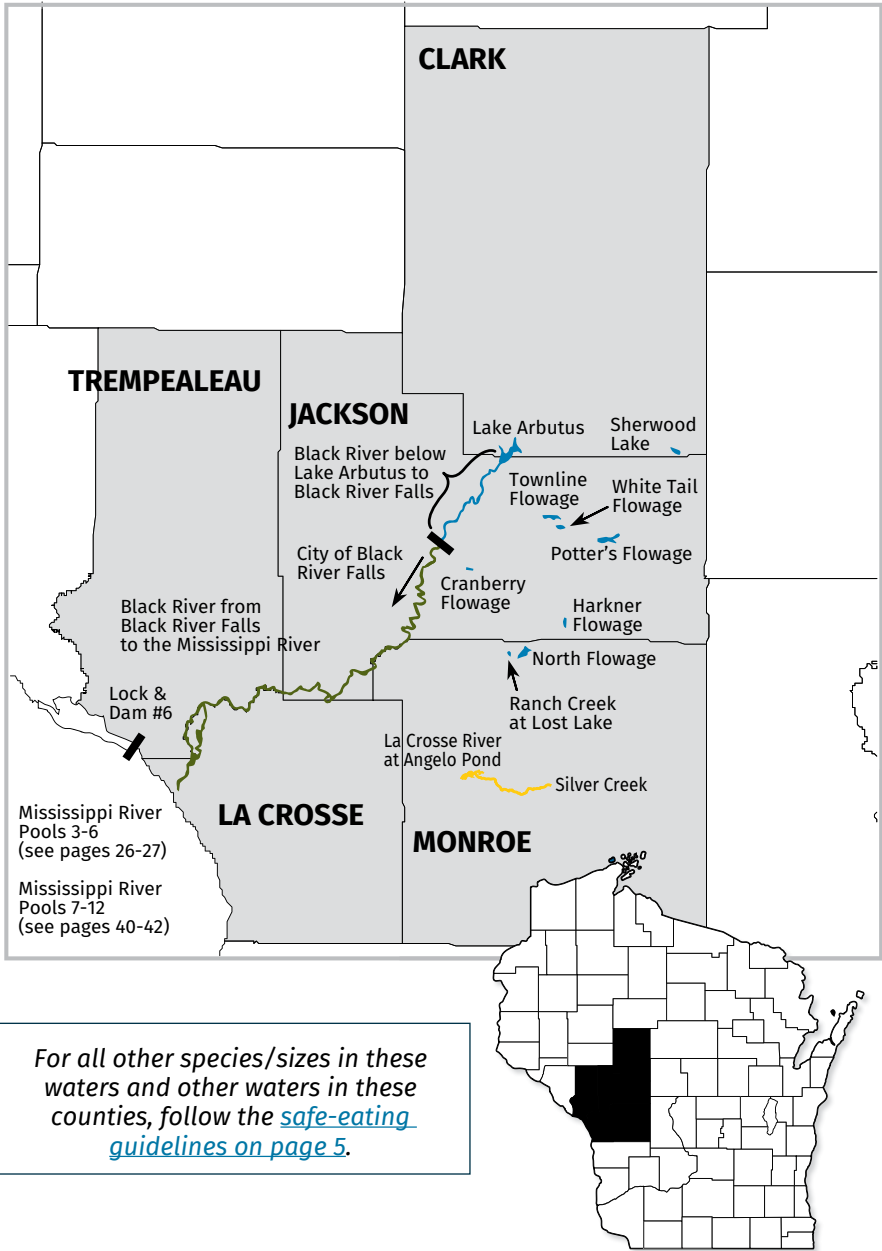
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Red Cedar River – downstream of Lake Menomin to confluence with Chippewa River					
Channel catfish			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
St. Croix River below St. Croix Falls in Polk County to Stillwater, MN					
Buffalo			All sizes		
White bass			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
St. Croix River from Stillwater, MN to the Mississippi River					
Buffalo			Over 22"		
Channel catfish			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				



Boats heading out to fish the Mississippi River at dawn.

Photo courtesy of Nick Collura / TravelWisconsin.com

SITE SPECIFIC ADVISORIES FOR Clark, Trempealeau, Jackson, La Crosse and Monroe Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).

GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)		
Waterbody	Up to 1 meal per week	Up to 1 meal per month
Black River: below Lake Arbutus to Black River Falls	Black crappie	
Cranberry Flowage, Upper	Black crappie Bluegill	Largemouth bass over 19"
Harkner Flowage	Black crappie Yellow perch	
Lake Arbutus (Black River)	Black crappie Bluegill	Channel catfish over 25" Smallmouth bass over 17" Walleye over 22"
Lost Lake (Ranch Creek)	Black crappie Bluegill	Largemouth bass over 21"
North Flowage	Black crappie	Largemouth bass over 15"
Potter's Flowage	Black crappie Yellow perch	Largemouth bass over 18"
Sherwood Lake	Black crappie	Largemouth bass over 16"
Townline Flowage	Black crappie Yellow perch	
White Tail Flowage	Yellow perch	Northern pike over 22"

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

BASE GUIDELINES (MERCURY)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Black River from Black River Falls downstream to Mississippi River					
Black crappie			All sizes		
Channel catfish			Over 25"		
Other species	Follow the safe-eating guidelines on page 5 .				

SITE SPECIFIC ADVISORIES FOR
Clark, Trempealeau, Jackson, La Crosse and Monroe
Counties

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

BASE GUIDELINES (MERCURY)

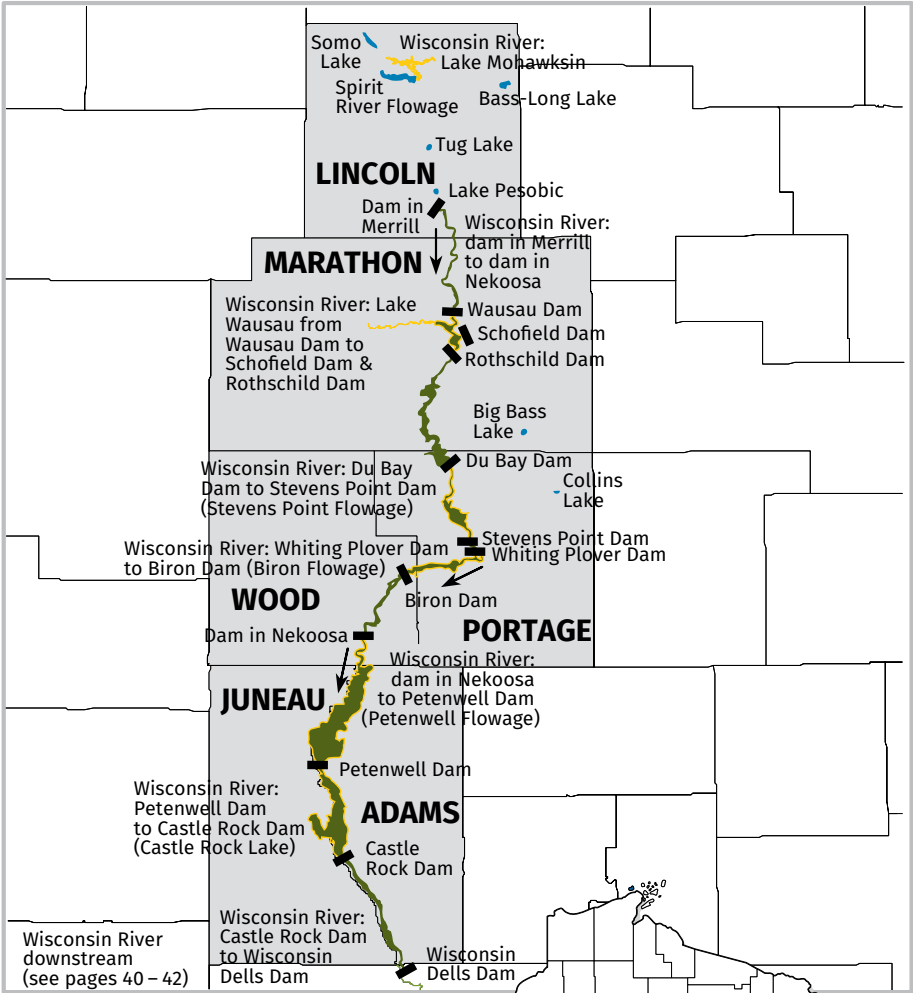
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
La Crosse River at Angelo Pond					
Bluegill		All sizes			
Black crappie			All sizes		
Largemouth bass			All sizes		
Northern pike			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Silver Creek					
Brook trout			All sizes		
Brown trout			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				



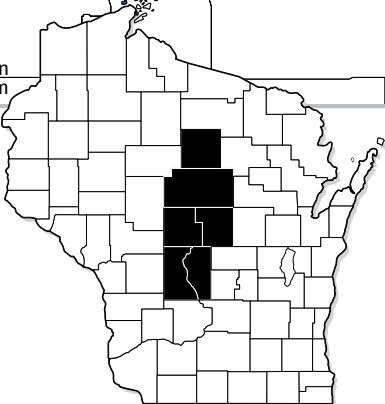
A family catching fish from shore.

Photo courtesy of Recreational Boating and Fishing Foundation

SITE SPECIFIC ADVISORIES FOR Lincoln, Marathon, Wood, Portage, Juneau and Adams Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).



GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
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GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Bass-Long Lake (T34 R8E S16)		Largemouth bass
Big Bass Lake		Largemouth bass over 18" Walleye over 18"
Collins Lake		Walleye over 20"
Lake Pesobic	Black crappie	
Somo Lake	Bluegill	Walleye over 22"
Spirit River Flowage	Black crappie Bluegill	
Tug Lake	Bluegill	Northern pike over 19"

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Wisconsin River at Lake Mohawksin					
Black crappie			All sizes		
Bluegill		All sizes			
Pumpkinseed			All sizes		
Rock bass			All sizes		
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5 .				
Wisconsin River from dam at Merrill downstream to dam at Nekoosa					
Carp			All sizes		
Redhorse			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				

**SITE SPECIFIC ADVISORIES FOR
Lincoln, Marathon, Wood, Portage, Juneau and Adams
Counties**

GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Wisconsin River at Lake Wausau from dam at Wausau to Schofield Dam and Rothschild Dam, including the Big Rib River until it crosses Hwy 29					
Black crappie		All sizes			
Bluegill		All sizes			
Carp			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from dam at Du Bay downstream to dam at Stevens Point (Stevens Point Flowage)					
Black crappie		All sizes			
Bluegill		All sizes			
Carp			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from Whiting Plover Dam to the Biron Dam (Biron Flowage)					
Carp			All sizes		
Redhorse			All sizes		
White bass			All sizes		
Other species	Follow the safe-eating guidelines on page 5.				

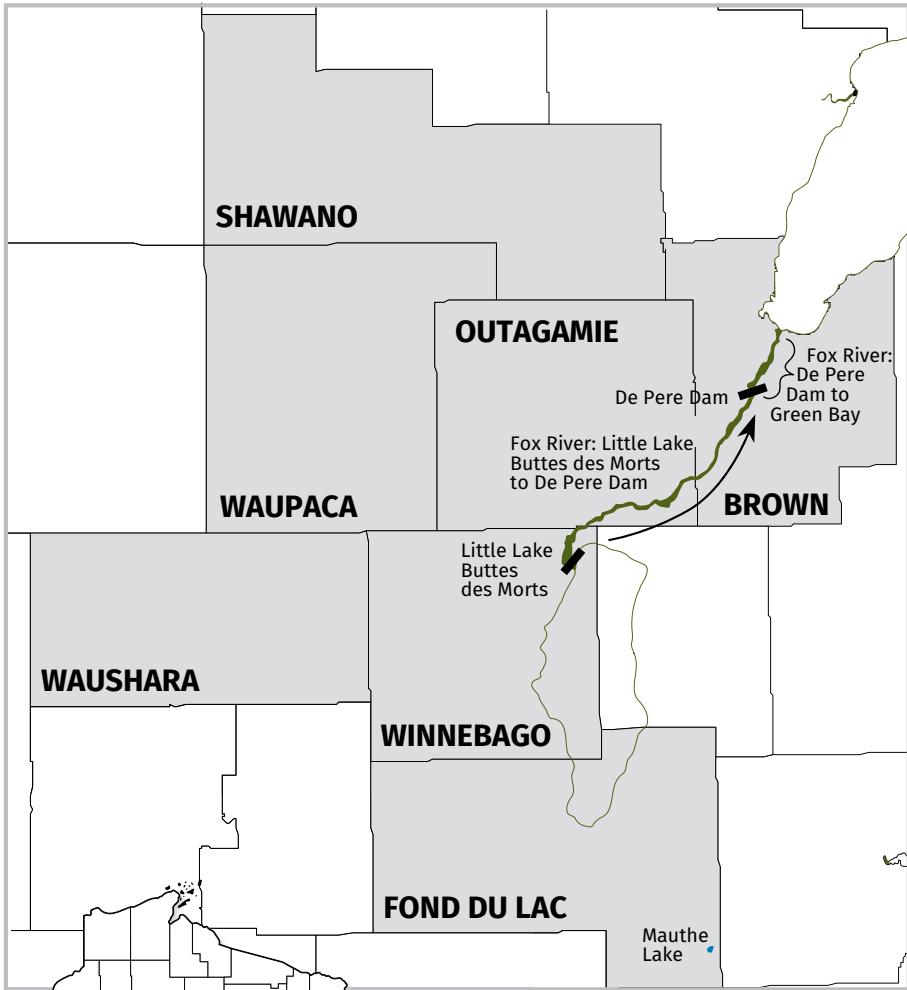
**SITE SPECIFIC ADVISORIES FOR
Lincoln, Marathon, Wood, Portage, Juneau and Adams
Counties**

GUIDELINES FOR EVERYONE (PCBs)

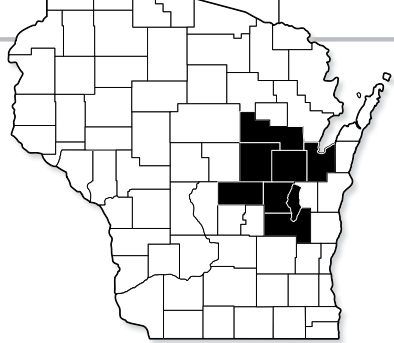
GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Wisconsin River from dam at Nekoosa to Petenwell Dam (Petenwell Flowage)					
Bluegill		All sizes			
Carp					All sizes (dioxin)
Channel catfish			Under 20"		Over 20" (dioxin)
Crappie		All sizes			
White bass			All sizes (PCBs and PFOS)		
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from Petenwell Dam to Castle Rock Dam (Castle Rock Lake)					
Bluegill		All sizes			
Black crappie		All sizes			
Carp			All sizes		
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from Castle Rock Dam to Wisconsin Dells Dam					
Carp			All sizes		
Channel catfish			All sizes		
Other species	Follow the safe-eating guidelines on page 5.				

SITE SPECIFIC ADVISORIES FOR Shawano, Waupaca, Waushara, Brown, Outagamie, Winnebago and Fond du Lac Counties



For all other waters in these counties not listed here, follow the [safe-eating guidelines on page 5](#); except for [Green Bay](#), see [page 14](#).



GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

Up to 1 meal per month

Do not eat

GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Mauthe Lake

Yellow perch

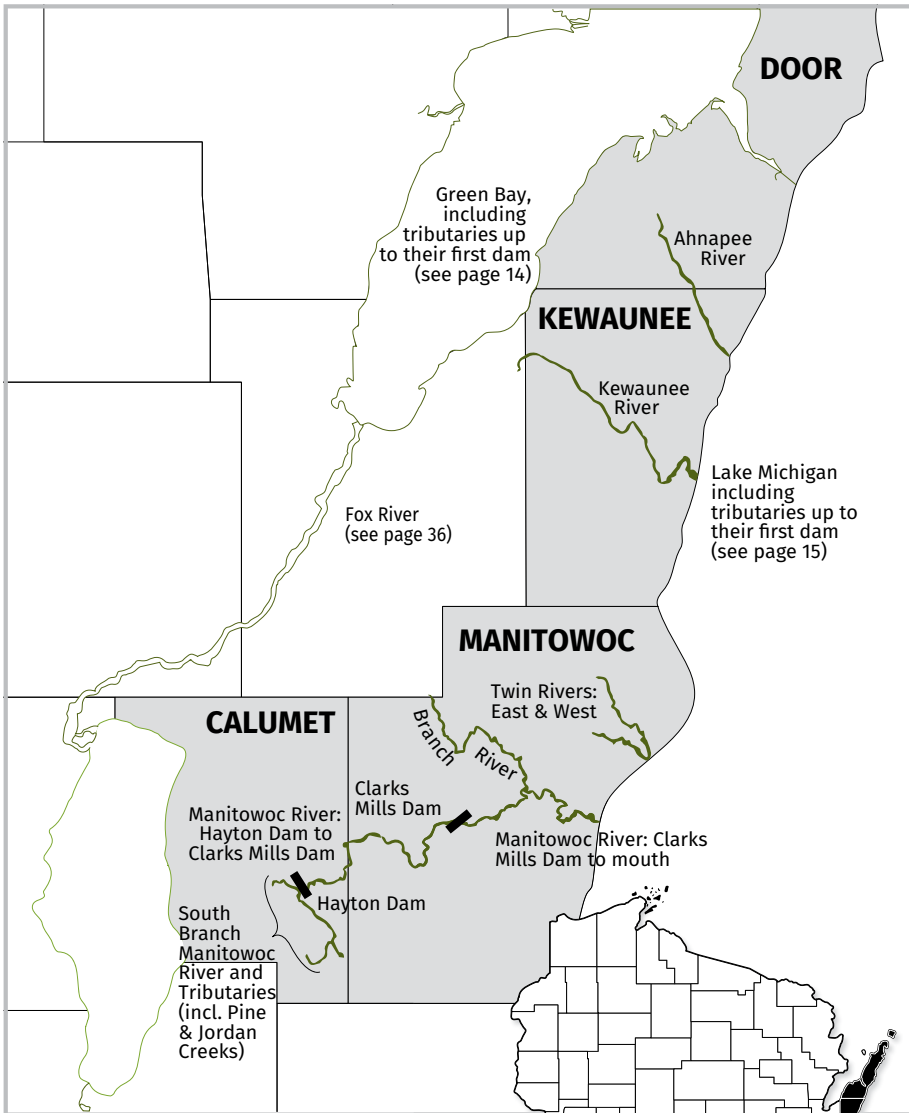
Other species

Follow the [safe-eating guidelines on page 5](#).

GUIDELINES FOR EVERYONE (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Fox River from Little Lake Butte des Morts downstream to De Pere Dam					
Carp				Under 28"	Over 28"
Channel catfish			All sizes		
Walleye			All sizes		
White bass			All sizes		
White perch			All sizes		
Yellow perch			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Fox River from De Pere Dam downstream to the mouth of the Fox where it enters Green Bay					
Bigmouth buffalo					All sizes
Black crappie			All sizes		
Bluegill			All sizes		
Carp					All sizes
Channel catfish					All sizes
Lake whitefish			All sizes		
Musky					All sizes
Northern pike			Under 33"	Over 33"	
Rock bass		All sizes			
Sheepshead			Under 19"	19"-23"	Over 23"
Smallmouth bass			All sizes		
Walleye			Under 21"	Over 21"	
White bass				All sizes	
White perch				All sizes	
White sucker			All sizes		
Yellow perch			All sizes		

SITE SPECIFIC ADVISORIES FOR Door, Kewaunee, Manitowoc and Calumet Counties



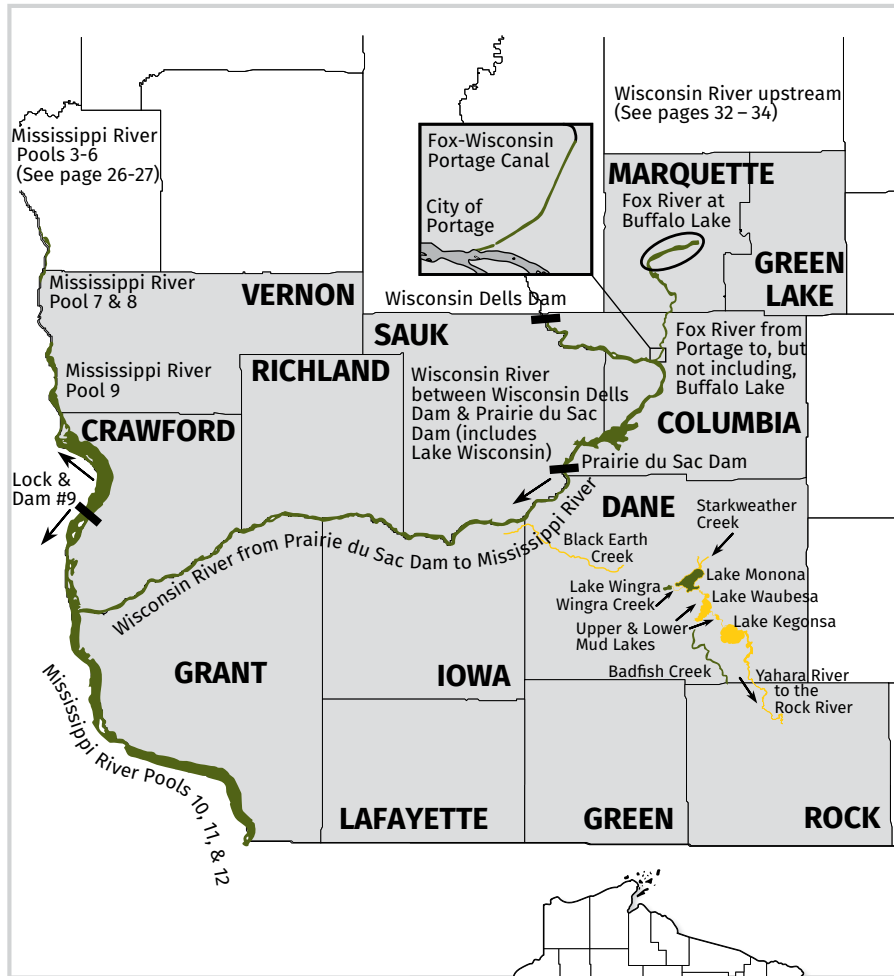
For all other waters in these counties not listed here, follow the [safe-eating guidelines on page 5](#); except for [Lake Michigan](#) and [Green Bay](#), see pages 14 – 15.

GUIDELINES FOR EVERYONE (PCBs)

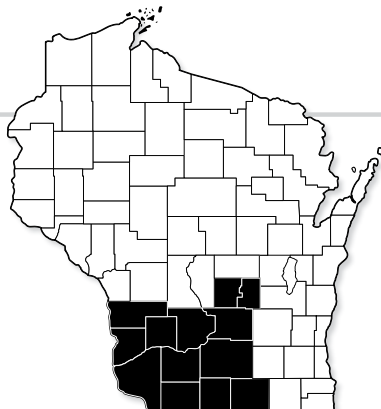
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Ahnapee River					
Carp			All sizes		
Trout & salmon	Follow the Lake Michigan guidelines, see page 15 .				
Other species	Follow the safe-eating guidelines on page 5 .				
Branch River in Manitowoc County					
Trout & salmon	Follow the Lake Michigan guidelines, see page 15 .				
Other species	Follow the safe-eating guidelines on page 5 .				
Kewaunee River					
Carp				All sizes	
Channel catfish			Under 13"	Over 13"	
Trout & salmon	Follow the Lake Michigan guidelines, see page 15 .				
Other species	Follow the safe-eating guidelines on page 5 .				
Manitowoc River (South Branch) and its tributaries from Chilton downstream to Hayton Millpond, including Pine and Jordan Creeks					
ALL SPECIES					ALL SIZES
Manitowoc River from Hayton Millpond to Clarks Mills Dam					
Black crappie		All sizes			
Bullhead		All sizes			
Carp					All sizes
Northern pike					All sizes
Redhorse				All sizes	
Rock bass					All sizes
White sucker			All sizes		
Manitowoc River from Clarks Mills Dam downstream to mouth at Lake Michigan					
Carp			All sizes		
Channel catfish				Under 20"	Over 20"
Smallmouth bass			All sizes		
Northern pike			All sizes		
Trout & salmon	Follow the safe-eating guidelines on page 5 .				
Twin Rivers (East and West) from their mouth up to their first dams					
Black crappie		All sizes			
Bullhead		All sizes			
Carp			All sizes		
Channel catfish			Under 15"	15-23"	Over 23"
Northern pike			Over 27"		
Trout & salmon	Follow the Lake Michigan guidelines, see page 15 .				
Other species	Follow the safe-eating guidelines on page 5 .				

SITE SPECIFIC ADVISORIES FOR

Marquette, Green Lake, Vernon, Crawford, Richland, Sauk, Columbia, Grant, Iowa, Lafayette, Green, Dane and Rock Counties



For all other species/sizes in these waters and other waters in these counties, follow the [safe-eating guidelines on page 5](#).



GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Badfish Creek and Oregon Branch downstream of Schneider Road; Dane County					
Carp			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Black Earth Creek downstream to Blue Mound Creek					
Brown trout		All sizes			
Other species	Follow the safe-eating guidelines on page 5 .				
Fox River from Portage downstream to, but not including, Buffalo Lake					
Black crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp				All sizes	
Smallmouth bass			All sizes		
White sucker			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Fox River at Buffalo Lake					
Carp				All sizes	
Panfish		All sizes			
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pool 7 and 8					
Buffalo			All sizes		
Flathead catfish			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pool 9					
Buffalo			All sizes		
Carp			All sizes		
White bass			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				
Mississippi River Pools 10, 11 and 12					
Carp			Over 25"		
Other species	Follow the safe-eating guidelines on page 5 .				
Portage Canal					
Carp			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				

SITE SPECIFIC ADVISORIES FOR

Marquette, Green Lake, Vernon, Crawford, Richland,
Sauk, Columbia, Grant, Iowa, Lafayette, Green, Dane
and Rock Counties

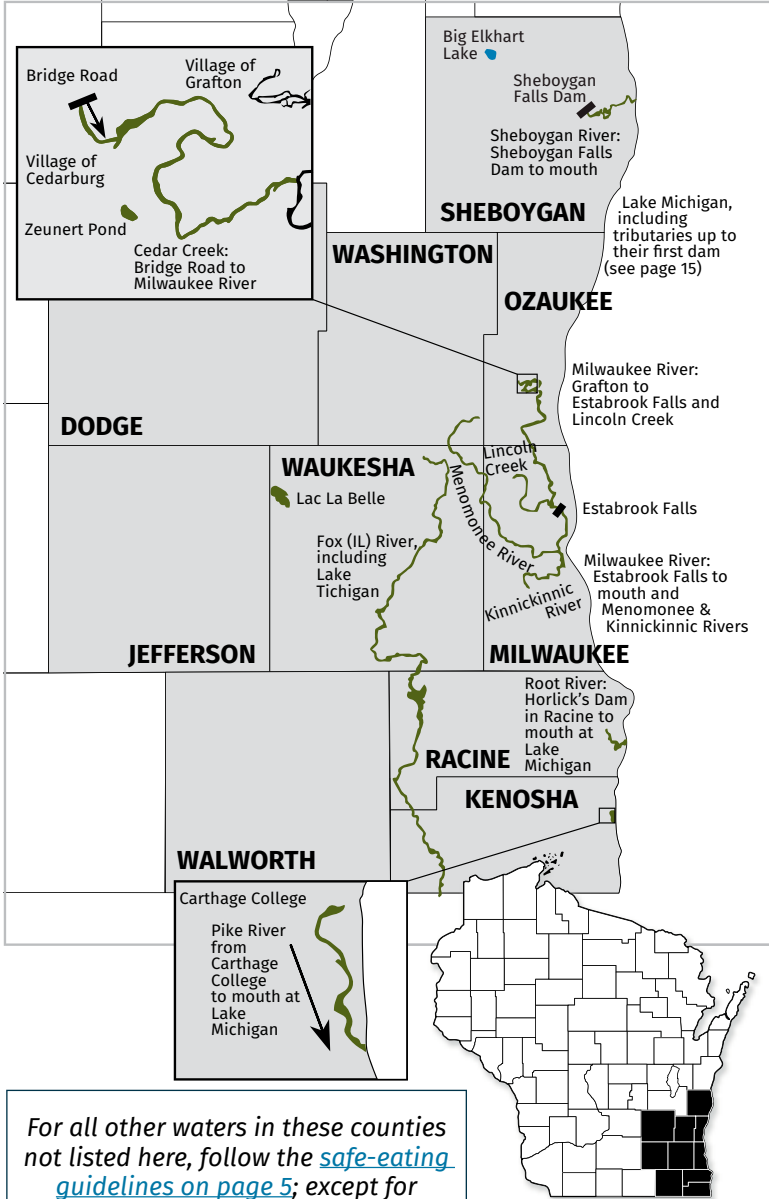
GUIDELINES FOR EVERYONE (PCBs)

GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Lake Wingra					
Carp			All sizes		
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from Wisconsin Dells Dam downstream to Prairie du Sac Dam (including Lake Wisconsin)					
Carp			All sizes		
Lake sturgeon			Under 70"	Over 70"	
Other species	Follow the safe-eating guidelines on page 5.				
Wisconsin River from Prairie du Sac Dam downstream to the confluence with the Mississippi River					
Carp			Over 20"		
Lake sturgeon			Under 70"	Over 70"	
Other species	Follow the safe-eating guidelines on page 5.				
Parts of the Yahara Chain of lakes, including Wingra Creek, Lake Monona, Starkweather Creek, Lake Waubesa, Upper and Lower Mud Lake, Lake Kegonsa and the Yahara River downstream to the Rock River					
Bluegill		All sizes			
Carp (Lake Monona)			All sizes		
Crappie			All sizes		
Largemouth bass			All sizes		
Northern pike			All sizes		
Pumpkinseed		All sizes			
Walleye			All sizes		
White bass			All sizes		
Yellow perch		All sizes			
Other species	Follow the safe-eating guidelines on page 5.				



SITE SPECIFIC ADVISORIES FOR Dodge, Jefferson, Walworth, Sheboygan, Ozaukee, Washington, Waukesha, Milwaukee, Racine and Kenosha Counties



For all other waters in these counties not listed here, follow the [safe-eating guidelines on page 5](#); except for [Lake Michigan, see page 15](#).

GUIDELINES FOR WOMEN UNDER 50 & CHILDREN UNDER 15 (MERCURY)

	Up to 1 meal per month	Do not eat
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GUIDELINES FOR WOMEN OVER 50 & MEN (MERCURY)

Waterbody	Up to 1 meal per week	Up to 1 meal per month
Big Elkhart Lake		Walleye over 19"
Other species	Follow the safe-eating guidelines on page 5 .	

GUIDELINES FOR EVERYONE (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
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Cedar Creek from Bridge Road in Cedarburg downstream to Milwaukee River (includes Zeunert Pond)

ALL SPECIES					ALL SIZES
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Fox (IL) River, including Lake Tichigan

Carp			All sizes		
Channel catfish			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				

Lac La Belle

Buffalo			All sizes		
Other species	Follow the safe-eating guidelines on page 5 .				

Milwaukee River from the City of Grafton downstream to Estabrook Falls, including Lincoln Creek

Black crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp					All sizes
Channel catfish				All sizes	
Largemouth bass			All sizes		
Northern pike			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Smallmouth bass			All sizes		
Walleye			All sizes		
Trout & salmon	Follow the Lake Michigan guidelines, see page 15 .				

**SITE SPECIFIC ADVISORIES FOR
Dodge, Jefferson, Walworth, Sheboygan, Ozaukee,
Washington, Waukesha, Milwaukee, Racine and
Kenosha Counties**

GUIDELINES FOR EVERYONE (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
Milwaukee River from Estabrook Falls downstream to harbor mouth at Lake Michigan and the Menomonee and Kinnickinnic Rivers					
Black crappie				All sizes	
Bluegill			All sizes		
Bullhead			All sizes		
Carp					All sizes
Channel catfish			All sizes		
Northern pike			All sizes		
Redhorse				All sizes	
Rock bass			All sizes		
Smallmouth bass			All sizes		
Walleye			Under 22"	Over 22"	
White sucker				All sizes	
Yellow perch		All sizes			
Trout & salmon	Follow the Lake Michigan guidelines, see page 15.				
Pike River from Carthage College in the City of Kenosha downstream to the mouth at Lake Michigan					
Carp			All sizes		
Largemouth bass			All sizes		
Trout & salmon	Follow the Lake Michigan guidelines, see page 15.				
Other species	Follow the safe-eating guidelines on page 5.				
Root River from Horlick's Dam in Racine downstream to Lake Michigan					
Carp					All sizes
Trout & salmon	Follow the Lake Michigan guidelines, see page 15.				
Other species	Follow the safe-eating guidelines on page 5.				
Sheboygan River from dam in Sheboygan Falls downstream to the mouth at Lake Michigan					
ALL RESIDENT SPECIES					ALL SIZES
Trout & salmon	Follow the Lake Michigan guidelines, see page 15.				

For all other waters in these counties not listed here, follow the [safe-eating guidelines on page 5](#); except for [Lake Michigan, see page 15.](#)

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PANFISH TACOS

A recipe from [Healthy Dishes with Wisconsin Fishes](#)

Submitted by Larry Sperling of Madison, WI

Recommended Species For This Recipe

Perch or bluegills (any firm panfish)

Serves 4

Ingredients

- 1-1/2 pounds scaled panfish fillets, rinsed
- Fajita seasoning (your favorite brand or make your own)
- 4 tablespoons olive oil, divided
- 1 lb. bag of coleslaw cabbage mix (no dressing)
- Juice from one lemon
- Mango salsa or picante sauce
- Sour cream
- Sharp cheddar cheese, shredded
- 1 avocado, sliced
- 8 corn tortillas
- Salt and pepper

Preparation And Cooking Instructions

- Preheat oven to 325F.
- Toss coleslaw mix with two tablespoons of olive oil. Add the juice from one lemon and salt and pepper to taste. Set aside.
- Warm the tortillas for 10-12 minutes in the oven.
- Pat the fillets dry and sprinkle both sides with fajita seasoning. Heat two tablespoons of olive oil in a nonstick pan and sauté the panfish for about three minutes per side, until the flesh is opaque. Do not overcook.
- Place two small fillets on a taco. Add cabbage mix, salsa, a dab of sour cream, an avocado slice and a little cheese. Enjoy!

Recommended Side Dishes

Spanish rice, fresh fruit salad

Find more fish recipes on the DNR's website: dnr.wi.gov/topic/fishing/documents/consumption/HealthDishWisFish.pdf

