



Angler Outreach Tip Card Update

Partners Meeting
May 5, 2010

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FCEC

ONLY EAT THE SKINLESS FILLET



ONLY EAT ONE SERVING PER WEEK

FOR ADULTS



FOR CHILDREN



The recommended serving of fish is about the size of your hand.
Give children smaller servings.

Use this ruler to measure your fish



ONLY EAT THE SKINLESS FILLET 1 TIME A WEEK

HERE ARE EXAMPLES OF SAFE FISH YOU CAN EAT



QUEENFISH



HALIBUT
Minimum Size 22 Inches



KELP BASS
Minimum Size 12 Inches



SCORPIONFISH
Minimum Size 10 Inches



PACIFIC SARDINE



SURFPERCH



PACIFIC MACKEREL



OPALEYE



ROCKFISH



CORBINA



SHOVELNOSE GUITARFISH

No minimum size limit for fish unless otherwise indicated

1 2 3 4 5 6 7 8 9 10 11 12



Additional bag or size limits or other restrictions apply to these species.
Please see California Department of Fish and Game Sport-Fishing Regulations for more information.

Do Not Eat



White Croaker



Barred Sand Bass



Black Croaker



Topsmelt



Barracuda



Some fish can be eaten with restrictions (see reverse).



Some fish caught in this area are contaminated with harmful chemicals and should not be eaten (see list on left).



Advice only applies to fish caught in the red area above.
For areas and fish not featured here visit www.pvsfish.org/health-scsfa.php

PROTECT THE HEALTH OF YOU AND YOUR CHILDREN

*Join with other fishermen and follow
the advice in this tip card*



www.pvsfish.org





The last time you saw it...

Protect the health of you and your family:
Eating fish is good for you, but some fish caught off the coasts of Los Angeles and Orange County are contaminated with DDTs, PCBs and mercury. Join with other fisherman and release white croaker, barred sand bass and topsmelt back in the ocean to avoid eating chemically contaminated fish.

SANTA MONICA PIER Los Angeles
MARINA DEL REY
REDONDO BEACH
LA LONG BEACH HARBOR
BELMONT PIER
SEAL BEACH PIER

Do Not Eat

- White Croaker
- Barred Sand Bass
- Topsmelt

Fish caught in this area are contaminated with harmful chemicals.

This advice only applies to fish caught between Santa Monica Pier and Seal Beach Pier.

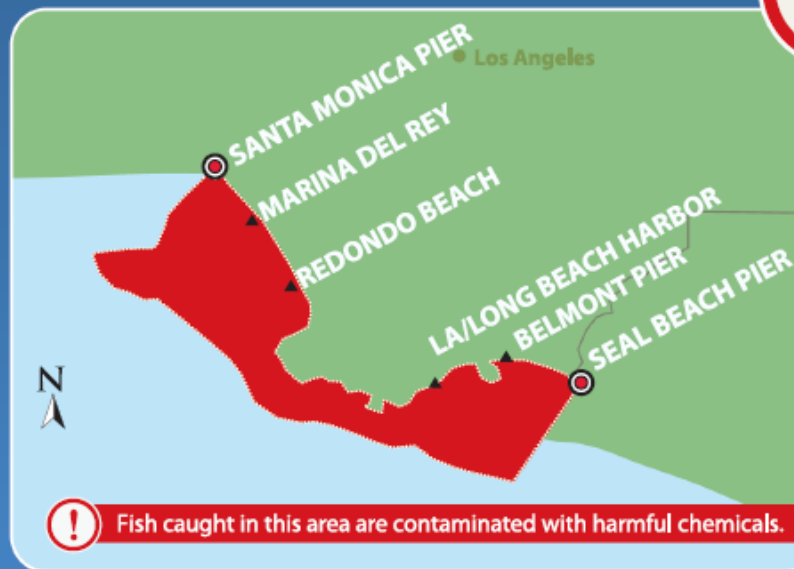
Fish caught between Santa Monica Pier and Seal Beach Pier:

Visit www.pvsfish.org/health for more information on safe fish eating guidelines.

Protect the health of you and your children

Protect the health of you and your family:

Eating fish is good for you, but some fish caught off the coasts of Los Angeles and Orange County are contaminated with DDTs, PCBs and mercury. Join with other fisherman and release **white croaker**, **barred sand bass** and **topsmelt** back in the ocean to avoid eating chemically contaminated fish.



Do Not Eat

White Croaker



Barred Sand Bass



Topsmelt



This advice only applies to fish caught between Santa Monica Pier and Seal Beach Pier.





For all other fish caught between Santa Monica Pier and Seal Beach Pier:

ONLY EAT THE
SKINLESS FILLET



ONLY EAT ONE SERVING PER WEEK



The recommended serving of fish is about the size your hand.
Give children smaller servings.

Visit www.pvsfish.org/health for more information on safe fish eating guidelines.



Protect the health of
you and your children

