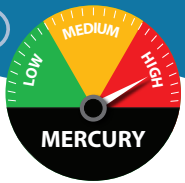
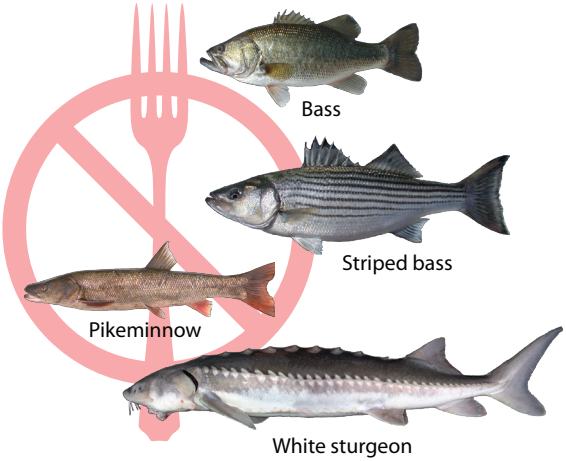
Eat Fish Safely: Sacramento River and Northern Delta





Women 18 - 45
Children 1-17
DO NOT EAT

Men 18+
Women 46+
1 serving/week or
Striped Bass: 2 servings/week

www.oehha.ca.gov/fish

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.