



# CHOOSE WISELY

A HEALTH GUIDE FOR EATING  
FISH IN WISCONSIN

2024 – 2026

## 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.

## FOR MORE INFORMATION

This advisory can also be viewed on the DNR's website at [dnr.wi.gov/topic/fishing/consumption](https://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](https://dnr.wi.gov)

### Wisconsin Division of Public Health

(608) 266-1120 or [dhs.wi.gov/water/fish.htm](https://dhs.wi.gov/water/fish.htm)

### U.S. Food and Drug Administration

[fda.gov/food](https://fda.gov/food)

### U.S. Environmental Protection Agency

[epa.gov/choose-fish-and-shellfish-wisely](https://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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Design by C. Gaber

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## A HEALTH GUIDE FOR EATING FISH IN WISCONSIN

2024 – 2026



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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. Visit [dnr.wi.gov/topic/Fishing/consumption](https://dnr.wi.gov/topic/Fishing/consumption) for up-to-date contaminant information.

# 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 <https://dnr.wisconsin.gov/topic/Fishing/FishingforDinner/index.html> to learn more about our Fishing For Dinner classes.

FOLLOW FISHING RULES.  
[SEE WISCONSIN'S FISHING REGULATIONS!](#)

## 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 these advisories.**

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 fish from different waters or space fish meals farther apart.

## WHAT CONTAMINANTS ARE IN WISCONSIN'S FISH?

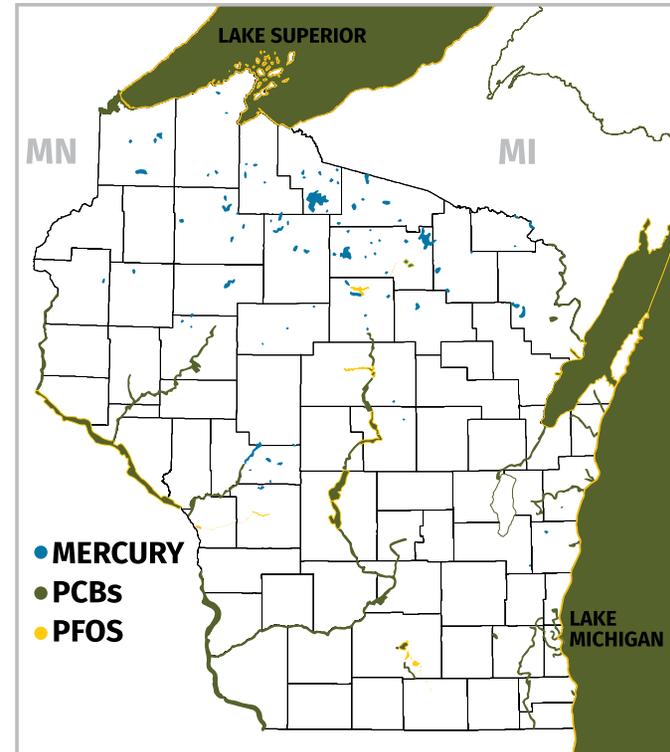
Two contaminants are responsible for most fish advisories in Wisconsin. They are polychlorinated biphenyls (PCBs) and mercury. These contaminants differ in where they come from, where they build up in fish tissue and how they affect human health.

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 8 – 10](#)

## CURRENT CONTAMINANT ADVISORIES IN WISCONSIN

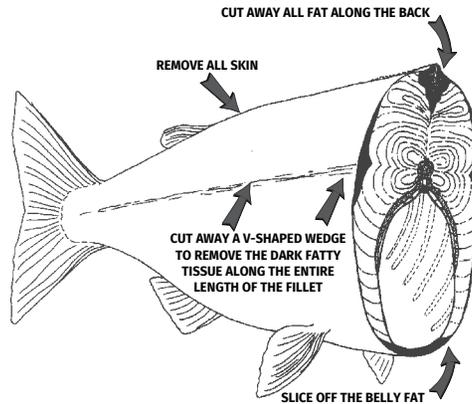


### CHANGES FROM PREVIOUS PUBLICATIONS:

- New PFOS-based consumption advice for bluegill, pumpkinseed, rock bass and yellow perch in the Hat Rapids Flowage
- Removing previous PFOS-based consumption advice for Black Earth Creek
- New PFOS-based consumption advice for black crappie, bluegill, brown trout, largemouth bass, northern pike, pumpkinseed and yellow perch in the La Crosse River from Angelo Pond downstream to the Neshonoc Dam, including Perch and Neshonoc lakes
- New PFOS-based consumption advice for all species in the Moen Chain of Lakes
- Modifications to consumption advice for certain species of Lake Michigan fish
- Removing mercury-based guidance for Kentucky Lake

## STEPS YOU CAN TAKE TO REDUCE YOUR CONTAMINANT INTAKE:

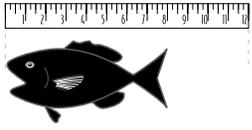
- To reduce your PCB and mercury exposure, eat smaller, younger fish.
- Space out your fish meals to allow your body to get rid of some mercury.
- To reduce PCB exposure, remove fatty parts of the fish before cooking (see diagram on the right).
- Use a cooking method that allows fat to drip away (like 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.

## HOW SHOULD I USE THIS ADVISORY?

Read the [statewide safe-eating guidelines on page 5](#). These guidelines apply to fish from most of Wisconsin's inland (non-Great Lakes) waters.

- 1) Determine if your fishing spot has additional, special advice. Exceptions to the statewide safe-eating guidelines are necessary for some species of fish from over 150 sites where fish have higher concentrations of mercury, PCBs or PFOS. For [site specific advisories, see page 12-54](#) 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).
- 2) Follow the appropriate advice and [fishing regulations](#) 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. 
- 3) If the waterbody or fish species does not appear in the tables on pages [12-54](#), follow the [safe-eating guidelines on page 5](#). Find [fish from stores or restaurants on page 6](#).

## 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
<b>AND</b>		
Walleye, pike, bass, catfish, all other species not listed here	1 serving per month	1 serving per week
<b>AND</b>		
Musky	Do not eat	1 serving per month

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, be aware of Wisconsin’s invasive species laws and 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.

## 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](http://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](http://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. 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. Do not regularly eat types of fish with high levels of contaminants.

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

<b>FOLLOW THESE GUIDELINES FOR POPULAR COMMERCIAL FISH TO REDUCE YOUR EXPOSURE TO MERCURY</b>		
<b>Purchased Species</b>	<b>Women under 50 and children under 15</b>	<b>Women over age 50 and men</b>
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
<b>OR</b>		
Canned “light” tuna	1 meal per week	Unrestricted
<b>AND</b>		
Canned “white” tuna (Albacore), tuna steaks, halibut	1 meal per month	1 meal per week
<b>AND</b>		
Shark, swordfish, king mackerel, tilefish, bigeye tuna, marlin, orange roughy	DO NOT EAT	1 meal per month

## ALL ABOUT MERCURY

<b>What is it? Where does it come from?</b>	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.
<b>What water bodies contain mercury?</b>	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.
<b>What types of fish contain the most mercury?</b>	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.
<b>Where is it found in fish?</b>	Mercury accumulates throughout the fish, including the part that you eat. Therefore, <b>trimming, skinning and cooking do not reduce mercury levels in fish.</b>
<b>What is its effect on human health?</b>	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. <b>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.</b>

## ALL ABOUT PCBs

<b>What are they? Where do they come from?</b>	Polychlorinated biphenyls (PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils and hydraulic fluids. The manufacture of PCBs was banned in the U.S. in 1979. However, PCBs are slow to break down in the environment and they remain a problem.
<b>What water bodies contain PCBs?</b>	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 because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.
<b>What types of fish contain the most PCBs?</b>	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.
<b>Where is it found in fish?</b>	<b>Fortunately, you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch (<a href="#">see page 4</a>).</b> 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.
<b>What is its effect on human health?</b>	Studies show that people exposed to PCBs are at greater risk for a variety of health problems. Eating fish high in PCBs during pregnancy or while nursing may cause lower birth weights and developmental delays in infants. PCBs may affect reproductive function and the immune system and are also associated with cancer risk. The risk of developing cancer from eating contaminated fish varies depending on your genetic susceptibility, general health and on the amount of contaminated fish eaten over a lifetime. <b>When PCBs are eaten, they are stored in body fat for many years. Each time you ingest PCBs the total amount in your body increases.</b>

## ALL ABOUT PFOS

<p><b>What are they? Where do they come from?</b></p>	<p>PFOS (perfluorooctanesulfonate) are one of many per- and polyfluoroalkyl substances (PFAS) and are used to develop health consumption advice. 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 foams. 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><b>What water bodies contain PFOS?</b></p>	<p>PFOS can be found in water bodies that are located near known or probable sources of PFAS contamination.</p>
<p><b>What types of fish contain the most PFOS?</b></p>	<p>Panfish (e.g., bluegill and crappie) and other species such as white bass and smelt tend to have higher PFOS levels.</p>
<p><b>Where is it found in fish?</b></p>	<p>PFOS, in particular, builds up in fish tissue, but accumulation patterns are hard to predict.</p>
<p><b>What is its effect on human health?</b></p>	<p><b>PFAS can be stored in your body for years.</b> 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>

## WHERE ARE FISH TESTED FOR CONTAMINANTS?

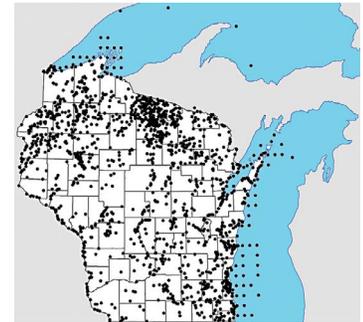
Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New sites are tested each year, along with some previously tested waters to determine trends in contaminant levels.

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.

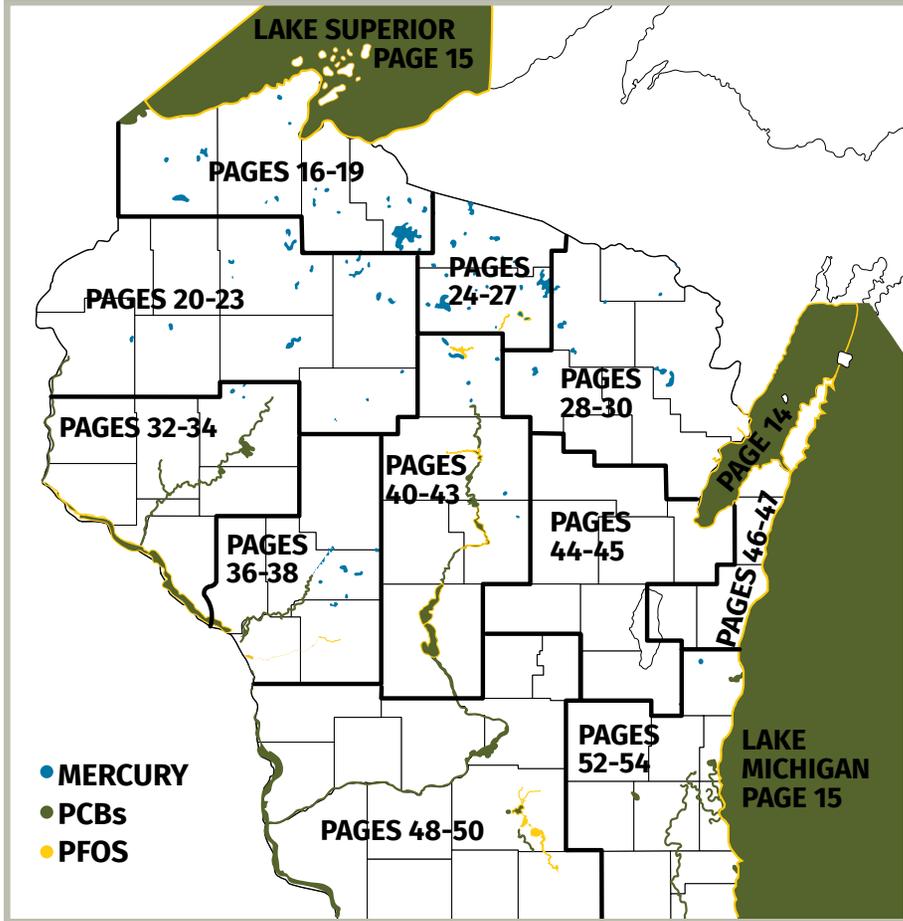
The map shows locations from which fish were sampled at least once for contaminant analysis. **You can still eat fish from waters that have not yet been tested – just follow the [safe-eating guidelines on page 5](#).**



# 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.



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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 pages 45 and 49](#). For the [Menominee River, see page 30](#).

### 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		
Freshwater drum			All sizes		
Lake whitefish			All sizes		
Musky					All sizes
Northern pike		Under 27"	Over 27"		
Rainbow trout			All sizes		
Rainbow smelt		All sizes			
Rock bass		All sizes			
Smallmouth bass			All sizes		
Sturgeon					All sizes
Walleye			All sizes		
White bass			All sizes		
White perch			All sizes		
White sucker		All sizes			
Yellow perch		All sizes			

## LAKE MICHIGAN AND ITS TRIBUTARIES

For the [Ahnapee, Kewaunee, Manitowoc, Milwaukee, Pike, Root, Sheboygan](#) and [Twin Rivers](#), see page [47](#) and [52-54](#).

### 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			All sizes		
Chinook salmon			All sizes		
Chubs			All sizes		
Coho salmon		All sizes			
Lake trout		Under 23"	23" - 29"		Over 29"
Lake whitefish		All sizes			
Rainbow trout		All sizes			
Smelt		All sizes			
Yellow perch		All sizes			

## LAKE SUPERIOR AND ITS TRIBUTARIES

Up to their first impassable barrier. For [Superior Harbor and St. Louis River, see page 19](#).

### GUIDELINES FOR EVERYONE (PCBS AND MERCURY)

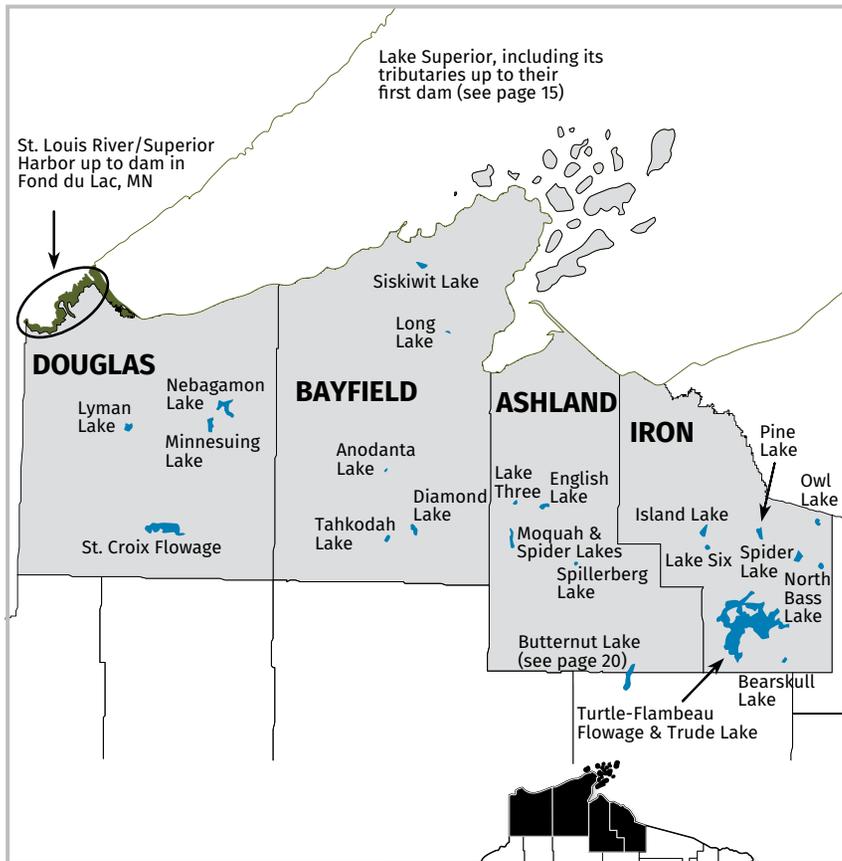
### GUIDELINES FOR EVERYONE (PFOS)

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			

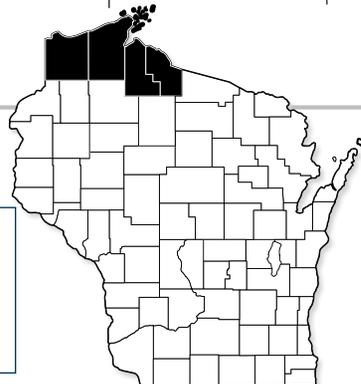
Advice for women over age 50 and men

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](#).



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

### CONSUMPTION 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
<b>Anodanta Lake</b>					
Black crappie		All sizes	All sizes		
Bluegill		All sizes	All sizes		
<b>Bearskull Lake</b>					
Bluegill		All sizes	All sizes		
Walleye			Over 18"		Over 18"
<b>Diamond Lake</b>					
Walleye			Over 19"		Over 19"
<b>English Lake</b>					
Walleye			Over 16"		Over 16"
<b>Island Lake (T44 R1E S25)</b>					
Black crappie		All sizes	All sizes		
Walleye			All sizes		All sizes
<b>Lake Six</b>					
Northern pike			Over 26"		Over 26"
Yellow perch		All sizes	All sizes		
<b>Lake Three (T44 R4W S3)</b>					
Black crappie		All sizes	All sizes		

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

### CONSUMPTION 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
<b>Long Lake (T48 R5W S6)</b>					
Largemouth bass			Over 14"		Over 14"
Walleye			Over 15"		Over 15"
Yellow perch		All sizes	All sizes		
<b>Lyman Lake</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 17"		Over 17"
<b>Minnesuing Lake</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 20"		Over 20"
<b>Moquah &amp; Spider Lakes</b>					
Bluegill		All sizes	All sizes		
<b>Nebagamon Lake</b>					
Walleye			Over 23"		Over 23"
<b>North Bass Lake</b>					
Bluegill		All sizes	All sizes		
Largemouth bass			All sizes		All sizes
<b>Owl Lake</b>					
Black crappie		All sizes	All sizes		
Walleye			All sizes		All sizes
<b>Pine Lake (T44 R3E S29)</b>					
Walleye			Over 21"		Over 21"

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

### CONSUMPTION GUIDELINES (MERCURY)

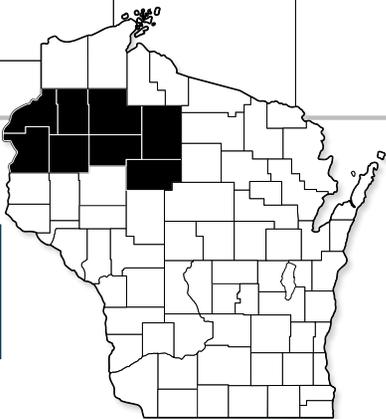
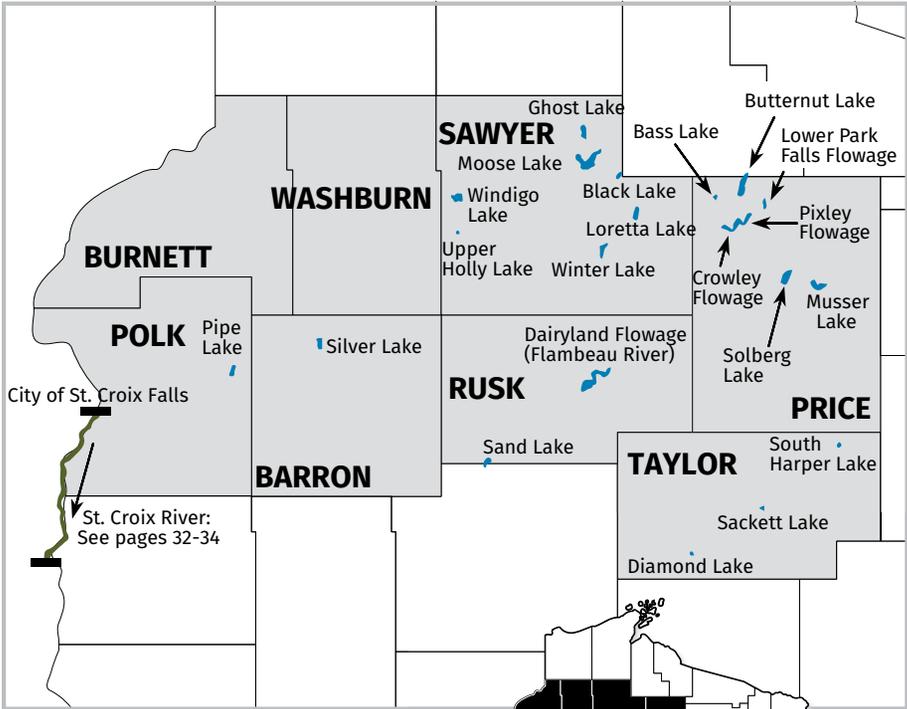
#### GUIDELINES FOR EVERYONE (PCBS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Siskiwit Lake</b>					
Walleye			Over 16"		Over 16"
<b>Spider Lake</b>					
Walleye			Over 15"		Over 15"
<b>Spillerberg Lake</b>					
Yellow perch		All sizes	All sizes		
<b>St. Croix Flowage</b>					
Black crappie		All sizes	All sizes		
<b>Superior Harbor and St. Louis River from Superior Entry to dam at Fond du Lac, MN</b>					
Black crappie		All sizes	All sizes		
Carp			All sizes		
Freshwater drum			All sizes		
Walleye			Over 22"		
Yellow perch		All sizes			
<b>Tahkodah Lake</b>					
All panfish		All sizes	All sizes		
Walleye			All sizes		All sizes
<b>Turtle-Flambeau Flowage &amp; Trude Lake</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 24"		Over 24"

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

# 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](#).

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

## CONSUMPTION 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
<b>Bass Lake (T40 R2W S15)</b>					
Walleye			Over 15"		Over 15"
<b>Black Lake</b>					
Black crappie		All sizes	All sizes		
Bluegill		All sizes	All sizes		
<b>Butternut Lake (T40 R1W S18)</b>					
Walleye			Over 16"		Over 16"
<b>Crowley Flowage (Flambeau River)</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 23"		Over 23"
<b>Dairyland Flowage (Flambeau River)</b>					
Walleye			All sizes		All sizes
<b>Diamond Lake</b>					
Walleye			All sizes		All sizes
<b>Ghost Lake</b>					
Walleye			Over 20"		Over 20"
<b>Loretta Lake (Upper Brunet Flowage)</b>					
Black crappie		All sizes	All sizes		
<b>Lower Park Falls Flowage (Flambeau River)</b>					
Northern pike			Over 22"		Over 22"

Advice for women over age 50 and men  
 Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR

Burnett, Polk, Washburn, Barron, Sawyer, Rusk, Taylor  
and Price Counties

### CONSUMPTION 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
<b>Moose Lake</b>					
Walleye			All sizes		All sizes
<b>Musser Lake</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 24"		Over 24"
<b>Pipe Lake (T35 R15W S15)</b>					
Largemouth bass			All sizes		All sizes
<b>Pixley Flowage (Flambeau River)</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 23"		Over 23"
<b>Sackett Lake</b>					
Walleye			Over 19"		Over 19"
<b>Sand Lake (T33 R8W S34)</b>					
Walleye			Over 21"		Over 21"
<b>Silver Lake</b>					
Walleye			Over 15"		Over 15"
<b>Solberg Lake</b>					
Black crappie		All sizes	All sizes		
<b>South Harper Lake</b>					
Walleye			Over 19"		Over 19"

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR

Burnett, Polk, Washburn, Barron, Sawyer, Rusk, Taylor  
and Price Counties

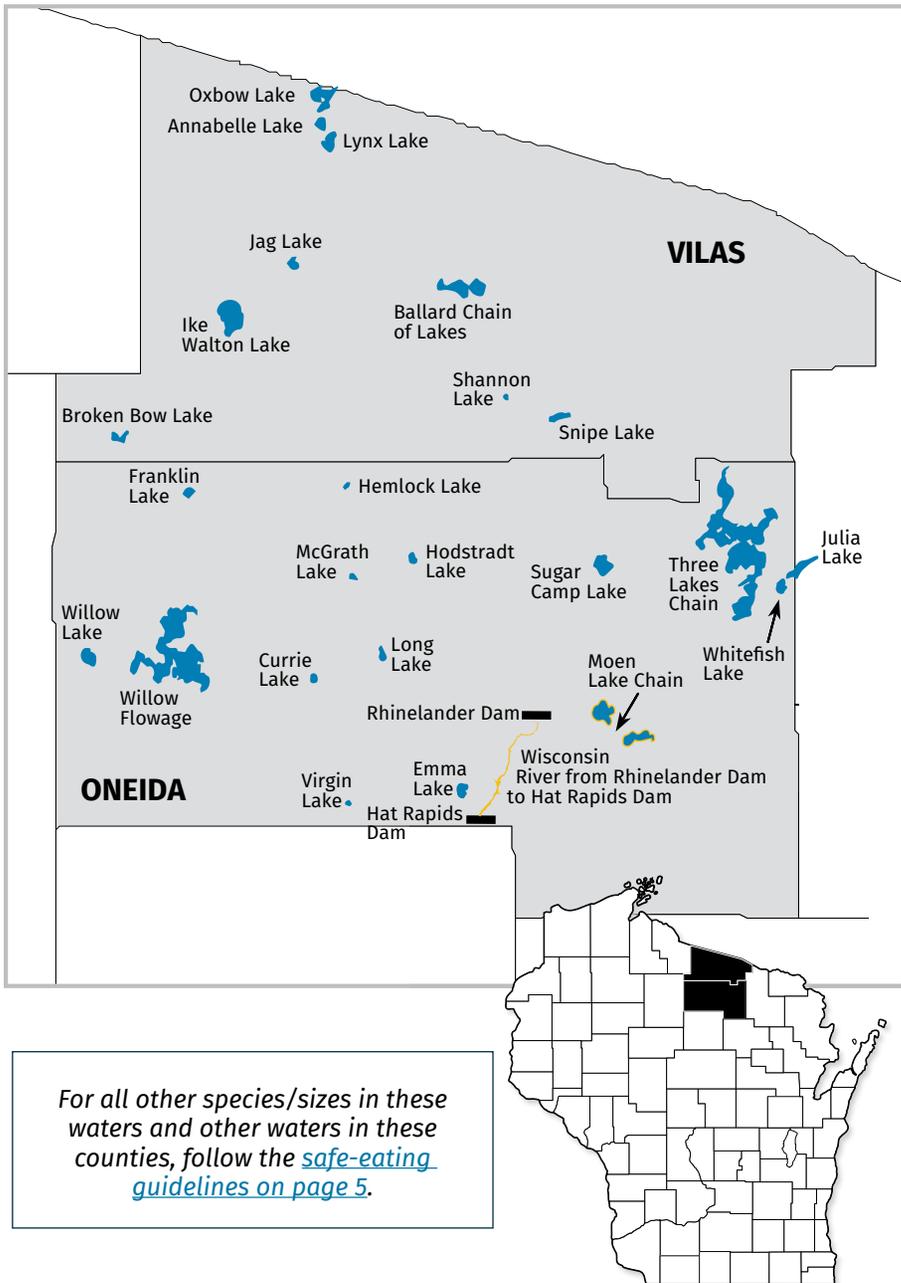
### CONSUMPTION GUIDELINES (MERCURY)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Upper Holly Lake</b>					
Black crappie		All sizes	All sizes		
<b>Windigo Lake</b>					
Northern pike			Over 19"		Over 19"
Walleye			Over 15"		Over 15"
<b>Winter Lake</b>					
Black crappie		All sizes	All sizes		

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR Vilas and Oneida Counties



## SITE SPECIFIC ADVISORIES FOR Vilas and Oneida Counties

### CONSUMPTION 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
<b>Annabelle Lake</b>					
Walleye			Over 20"		Over 20"
<b>Ballard Chain (includes Ballard, White Birch and Irving Lakes)</b>					
Walleye			Over 17"		Over 17"
<b>Broken Bow Lake</b>					
Largemouth bass			Over 15"		Over 15"
<b>Currie Lake</b>					
Walleye			Over 16"		Over 16"
<b>Emma Lake</b>					
Walleye			Over 20"		Over 20"
<b>Franklin Lake</b>					
Walleye			Over 21"		Over 21"
<b>Hemlock Lake</b>					
All panfish		All sizes	All sizes		
Walleye			Over 17"		Over 17"
<b>Hodstradt Lake</b>					
Walleye			Over 19"		Over 19"
<b>Ike Walton Lake</b>					
Walleye			All sizes		All sizes
<b>Jag Lake</b>					
Walleye			Over 20"		Over 20"
<b>Julia Lake (T38 R12E S6)</b>					
Walleye			Over 15"		Over 15"
<b>Long Lake (T37 R7E S10)</b>					
Walleye			Over 18"		Over 18"
<b>Lynx Lake (T43 R7E S18)</b>					
Walleye			Over 18"		Over 18"

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR Vilas and Oneida Counties

### CONSUMPTION GUIDELINES (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
<b>McGrath Lake</b>					
Bluegill		All sizes	All sizes		
Largemouth bass			Over 18"		Over 18"
Yellow perch		All sizes	All sizes		
<b>Moen Lake Chain (includes Moen, Second, Third, Fourth and Fifth Lakes)</b>					
All species			All sizes		
Walleye			All sizes		Over 19"
<b>Oxbow Lake</b>					
Walleye			Over 21"		Over 21"
<b>Shannon Lake</b>					
Largemouth bass			Over 16"		Over 16"
<b>Snipe Lake</b>					
Walleye			Over 19"		Over 19"
Yellow perch		All sizes	All sizes		
<b>Sugar Camp Lake</b>					
Northern pike			Over 28"		Over 28"
Smallmouth bass			Over 17"		Over 17"
Walleye			Over 18"		Over 18"
<b>Three Lakes Chain (includes Big, Big Fork, Big Stone, Dog, Fourmile, Island and Planting Ground Lakes)</b>					
Walleye			Over 26"		Over 26"
Yellow perch		All sizes	All sizes		

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR Vilas and Oneida Counties

### CONSUMPTION GUIDELINES (MERCURY)

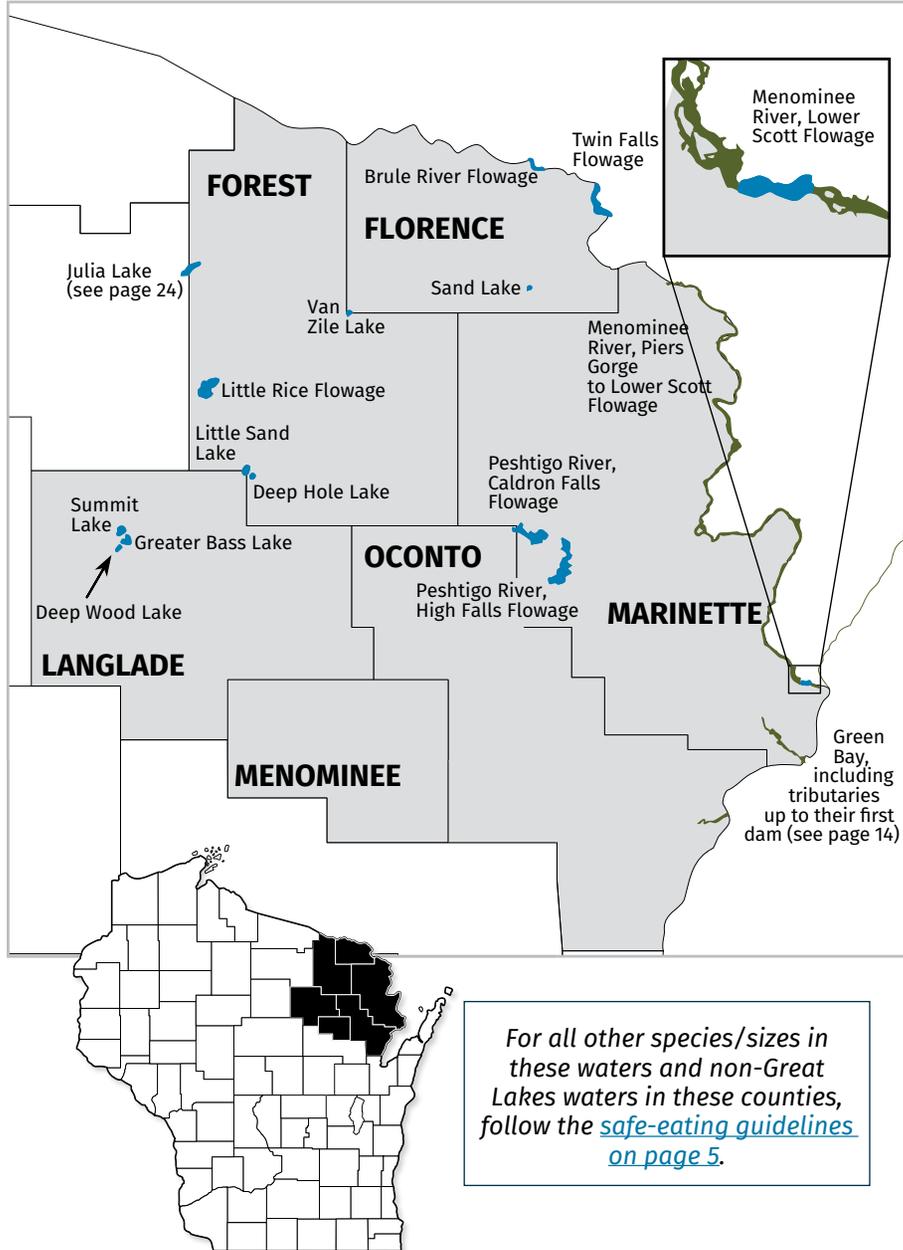
#### GUIDELINES FOR EVERYONE (PFOS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Virgin Lake</b>					
Walleye			Over 22"		Over 22"
<b>Whitefish Lake</b>					
Yellow perch		All sizes	All sizes		
<b>Willow Flowage</b>					
Walleye			Over 17"		Over 17"
<b>Willow Lake (T37 R4E S9)</b>					
Walleye			Over 20"		Over 20"
<b>Wisconsin River downstream from the Rhinelander Dam to the Hat Rapids Dam (Hat Rapids Flowage)</b>					
Bluegill		All sizes			
Pumpkinseed		All sizes			
Rock bass		All sizes			
Yellow perch		All sizes			

Advice for women over age 50 and men

Advice for women under age 50 and children under age 15

## SITE SPECIFIC ADVISORIES FOR Langlade, Forest, Florence, Marinette, Oconto and Menominee 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](#).

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

### CONSUMPTION 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
<b>Brule River Flowage</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
Walleye			Over 24" >☛		Over 24" >☛☛
<b>Caldron Falls Flowage (Peshtigo River)</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
Walleye			Over 17" >☛		Over 17" >☛☛
Yellow perch		All sizes >☛	All sizes >☛☛		
<b>Deep Hole Lake</b>					
Walleye			Over 18" >☛		Over 18" >☛☛
<b>Deep Wood Lake (T33 R10E S14)</b>					
Bluegill		All sizes >☛	All sizes >☛☛		
Northern pike			Over 26" >☛		Over 26" >☛☛
<b>Greater Bass Lake</b>					
Largemouth bass			All sizes >☛		All sizes >☛☛
Northern pike			Over 22" >☛		Over 22" >☛☛
<b>High Falls Flowage (Peshtigo River)</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
Walleye			Over 17" >☛		Over 17" >☛☛
<b>Little Rice Flowage</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
<b>Little Sand Lake</b>					
Bluegill		All sizes >☛	All sizes >☛☛		
Northern pike			Over 25" >☛		Over 25" >☛☛

>☛ Advice for women over age 50 and men

>☛☛ Advice for women under age 50 and children under age 15

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

**CONSUMPTION GUIDELINES (MERCURY)**

**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
<b>Menominee River: Lower Scott Flowage</b>					
All panfish		All sizes <sup>1</sup>	All sizes <sup>1,2</sup>		
Walleye			Over 16" <sup>1</sup>		Over 16" <sup>1,2</sup>
<b>Menominee River: Piers Gorge to Lower Scott Flowage</b>					
Carp			All sizes		
Lake sturgeon					All sizes
Walleye			Over 20" <sup>1</sup>		Over 20" <sup>1,2</sup>
<b>Menominee River: Twin Falls Flowage</b>					
Northern pike			Over 21" <sup>1</sup>		Over 21" <sup>1,2</sup>
<b>Sand Lake (T38 R18E S21)</b>					
Walleye			Over 18" <sup>1</sup>		Over 18" <sup>1,2</sup>
<b>Summit Lake</b>					
Black crappie		All sizes <sup>1</sup>	All sizes <sup>1,2</sup>		
Largemouth bass			All sizes <sup>1</sup>		All sizes <sup>1,2</sup>
<b>Van Zile Lake</b>					
Largemouth bass			All sizes <sup>1</sup>		All sizes <sup>1,2</sup>
Northern pike			Over 24" <sup>1</sup>		Over 24" <sup>1,2</sup>

<sup>1</sup> Advice for women over age 50 and men

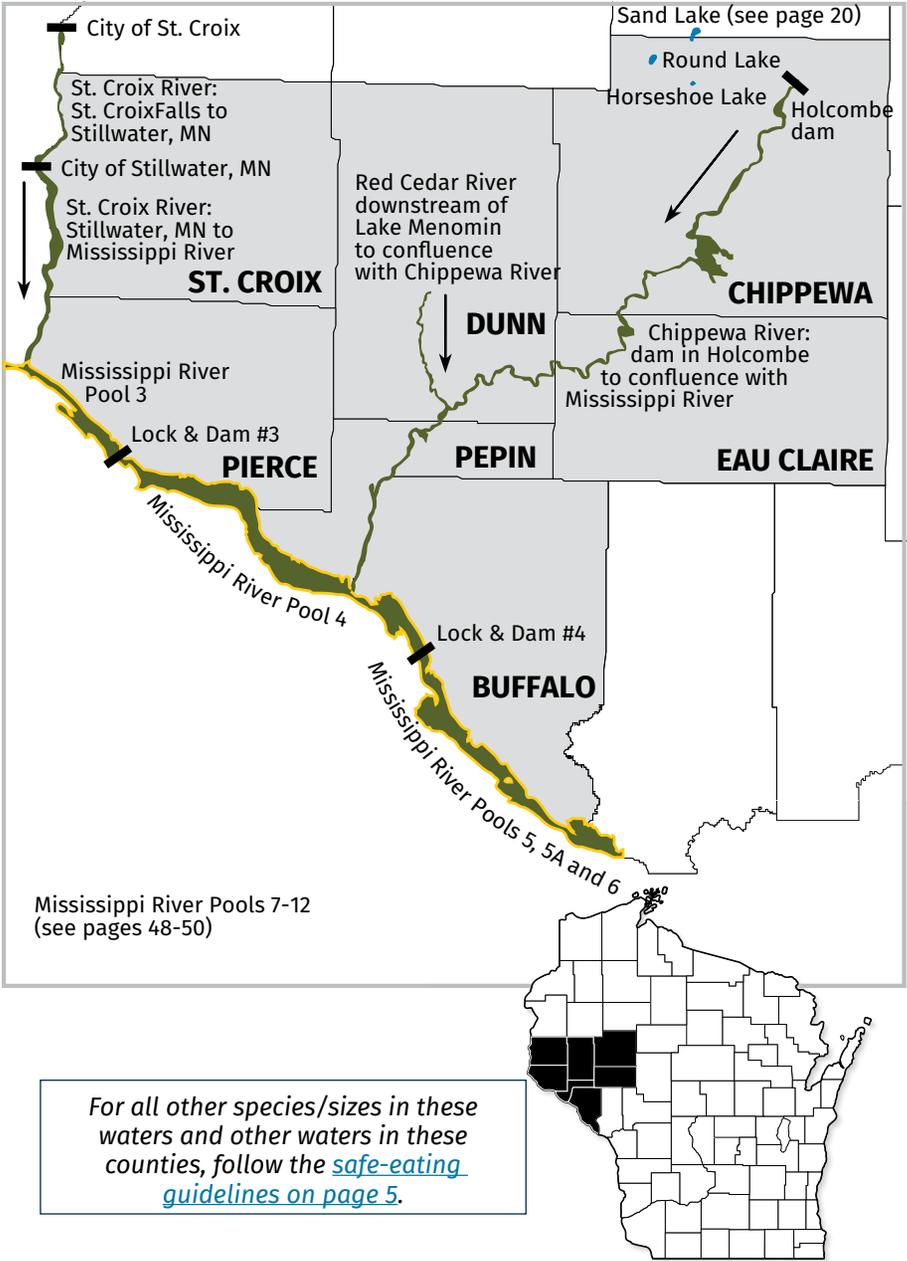
<sup>1,2</sup> Advice for women under age 50 and children under age 15



A woman holds a rock bass.

Photo courtesy of the Wisconsin DNR

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



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

CONSUMPTION GUIDELINES (MERCURY)					
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
<b>Chippewa River downstream of Holcombe Dam to confluence with Mississippi River</b>					
Carp			All sizes		
Sturgeon			All sizes		
<b>Horseshoe Lake (T32 R8W S33)</b>					
Walleye			Over 20"		Over 20"
<b>Mississippi River Pool 3</b>					
Bluegill		All sizes			
Buffalo			All sizes		
Channel catfish			All sizes		
Crappie		All sizes			
<b>Mississippi River Pool 4</b>					
Bluegill		All sizes			
Buffalo			All sizes		
Channel catfish			All sizes		
Crappie		All sizes			
Flathead catfish			All sizes		
White bass			All sizes		
<b>Mississippi River Pools 5, 5A and 6</b>					
Bluegill		All sizes			
Crappie		All sizes			
Flathead catfish			All sizes		
White bass			All sizes		
<b>Red Cedar River – downstream of Lake Menomin to confluence with Chippewa River</b>					
Channel catfish			All sizes		
<b>Round Lake (T32 R9W S14)</b>					
Black crappie		All sizes	All sizes		
Walleye			Over 20"		Over 20"

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**

**GUIDELINES FOR EVERYONE (PCBS)**

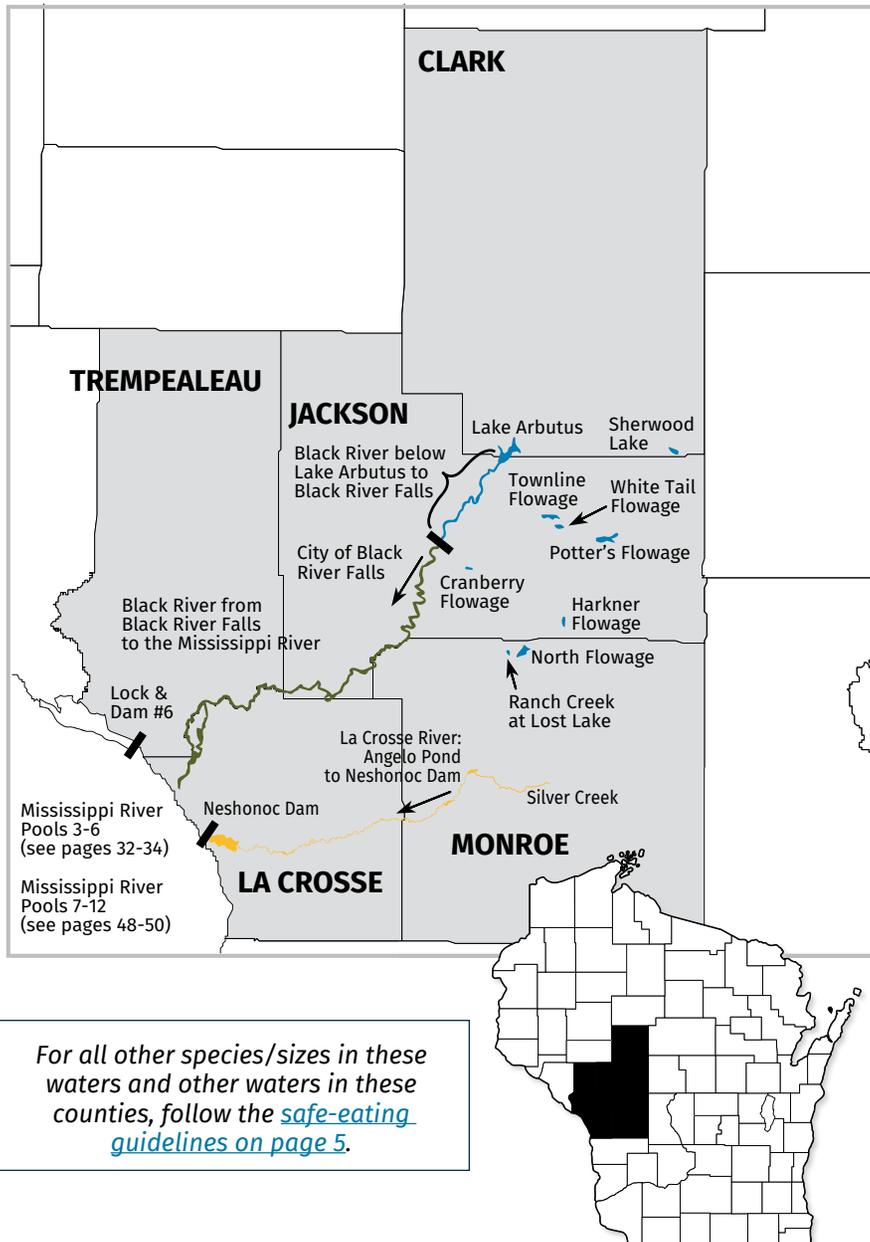
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>St. Croix River below St. Croix Falls in Polk County to Stillwater, MN</b>					
Buffalo			All sizes		
White bass			All sizes		
<b>St. Croix River from Stillwater, MN to the Mississippi River</b>					
Buffalo			Over 22"		
Channel catfish			All sizes		



A family catching fish from a pier.

Photo courtesy of the Wisconsin DNR

## 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](#).

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

### CONSUMPTION GUIDELINES (MERCURY)

### 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
<b>Black River at Lake Arbutus</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
Bluegill		All sizes >☛	All sizes >☛☛		
Channel catfish			Over 25" >☛		Over 25" >☛☛
Smallmouth bass			Over 17" >☛		Over 17" >☛☛
Walleye			Over 22" >☛		Over 22" >☛☛
<b>Black River below Lake Arbutus to Black River Falls</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
<b>Black River from Black River Falls downstream to Mississippi River</b>					
Black crappie			All sizes		
Channel catfish			Over 25"		
<b>Upper Cranberry Flowage</b>					
Black crappie		All sizes >☛	All sizes >☛☛		
Bluegill		All sizes >☛	All sizes >☛☛		
Largemouth bass			Over 19" >☛		Over 19" >☛☛
<b>La Crosse River from Angelo Pond downstream to the Neshonoc Dam, including Perch and Neshonoc lakes</b>					
Black crappie			All sizes		
Bluegill			All sizes		
Brown trout			All sizes		
Largemouth bass			All sizes		
Northern pike			All sizes		
Pumpkinseed		All sizes			
Yellow perch		All sizes			

>☛ Advice for women over age 50 and men

>☛☛ Advice for women under age 50 and children under age 15

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

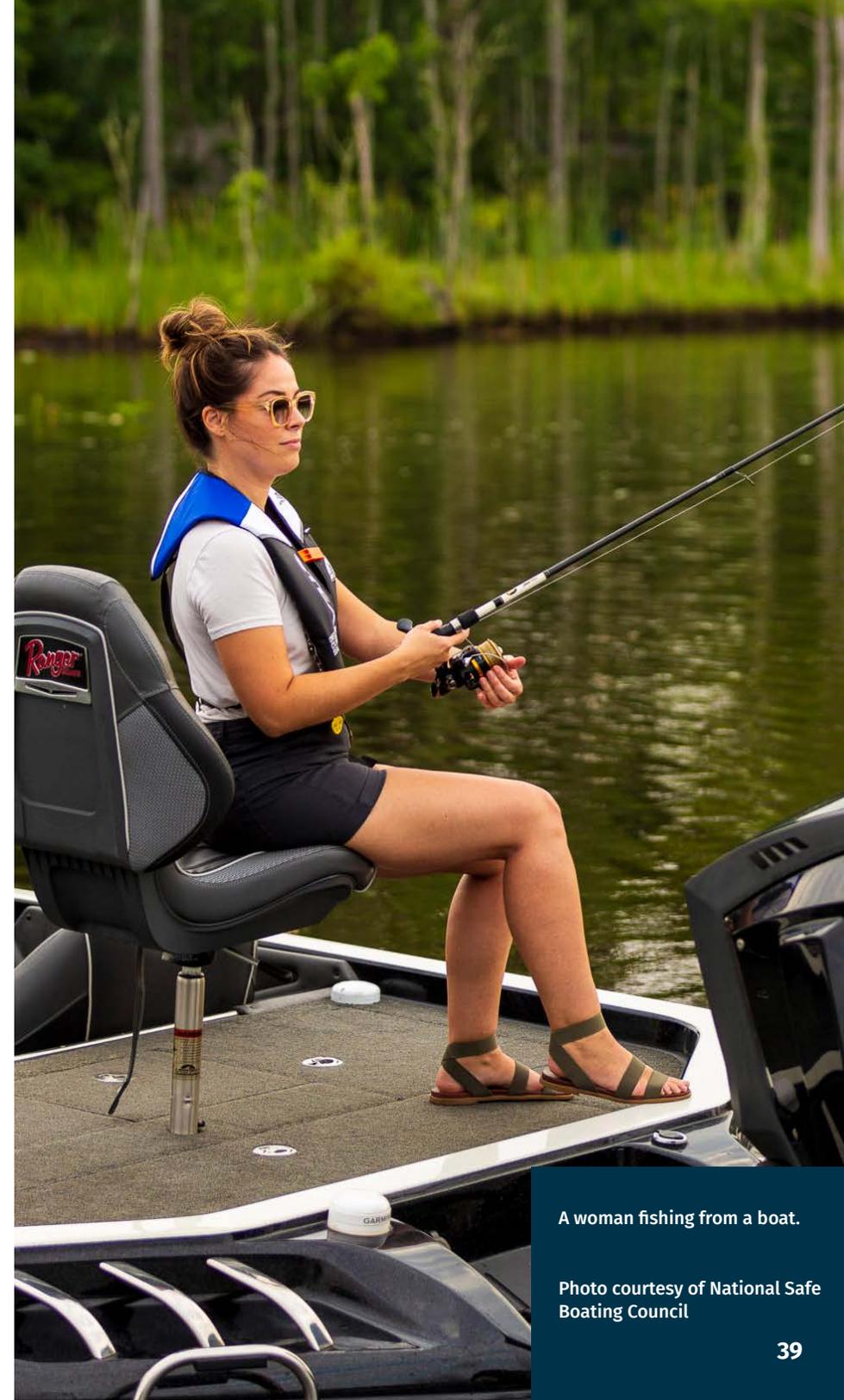
**CONSUMPTION GUIDELINES (MERCURY)**

**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
<b>Lost Lake (Ranch Creek)</b>					
Black crappie		All sizes ☞	All sizes ☞☞		
Bluegill		All sizes ☞	All sizes ☞☞		
Largemouth bass			Over 21" ☞		Over 21" ☞☞
<b>North Flowage</b>					
Black crappie		All sizes ☞	All sizes ☞☞		
Largemouth bass			Over 15" ☞		Over 15" ☞☞
<b>Potter's Flowage</b>					
Black crappie		All sizes ☞	All sizes ☞☞☞		
Largemouth bass			Over 18" ☞		Over 18" ☞☞
Yellow perch		All sizes ☞	All sizes ☞☞☞		
<b>Sherwood Lake</b>					
Black crappie		All sizes ☞	All sizes ☞☞☞		
Largemouth bass			Over 16" ☞		Over 16" ☞☞
<b>Silver Creek</b>					
Brook trout			All sizes		
Brown trout			All sizes		
<b>Townline Flowage</b>					
Black crappie		All sizes ☞	All sizes ☞☞☞		
Yellow perch		All sizes ☞	All sizes ☞☞☞		
<b>White Tail Flowage</b>					
Northern pike			Over 22" ☞		Over 22" ☞☞
Yellow perch		All sizes ☞	All sizes ☞☞☞		

☞☞☞ Advice for women over age 50 and men

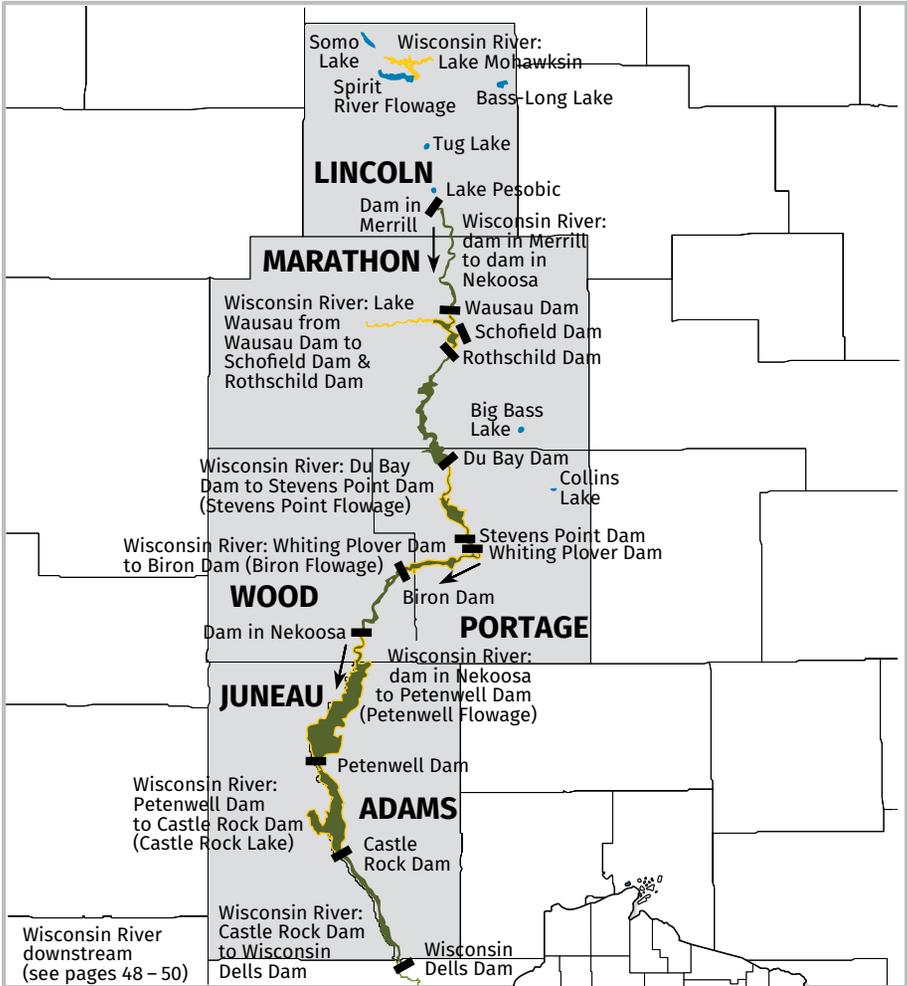
☞☞☞☞ Advice for women under age 50 and children under age 15



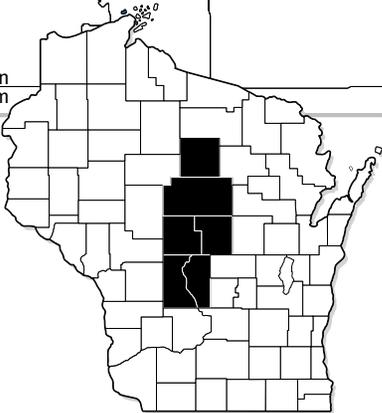
A woman fishing from a boat.

Photo courtesy of National Safe Boating Council

## 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](#).



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

### CONSUMPTION GUIDELINES (MERCURY)

### 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
<b>Bass-Long Lake (T34 R8E S16)</b>					
Largemouth bass			All sizes		All sizes
<b>Big Bass Lake</b>					
Largemouth bass			Over 18"		Over 18"
Walleye			Over 18"		Over 18"
<b>Collins Lake</b>					
Walleye			Over 20"		Over 20"
<b>Lake Pesobic</b>					
Black crappie		All sizes	All sizes		
<b>Somo Lake</b>					
Bluegill		All sizes	All sizes		
Walleye			Over 22"		Over 22"
<b>Spirit River Flowage</b>					
Black crappie		All sizes	All sizes		
Bluegill		All sizes	All sizes		
<b>Tug Lake</b>					
Bluegill		All sizes	All sizes		
Northern pike			Over 19"		Over 19"
<b>Wisconsin River at Lake Mohawksin</b>					
Black crappie			All sizes		
Bluegill		All sizes			
Pumpkinseed			All sizes		
Rock bass			All sizes		
Yellow perch		All sizes			
<b>Wisconsin River from dam at Merrill downstream to dam at Nekoosa</b>					
Carp			All sizes		
Redhorse			All sizes		

☞ Advice for women over age 50 and men

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

## 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
<b>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</b>					
Black crappie		All sizes			
Bluegill		All sizes			
Carp			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Yellow perch		All sizes			
<b>Wisconsin River from dam at Du Bay downstream to dam at Stevens Point (Stevens Point Flowage)</b>					
Black crappie		All sizes			
Bluegill		All sizes			
Carp			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Yellow perch		All sizes			
<b>Wisconsin River from Whiting Plover Dam to the Biron Dam (Biron Flowage)</b>					
Carp			All sizes		
Redhorse			All sizes		
White bass			All sizes		

## SITE SPECIFIC ADVISORIES FOR

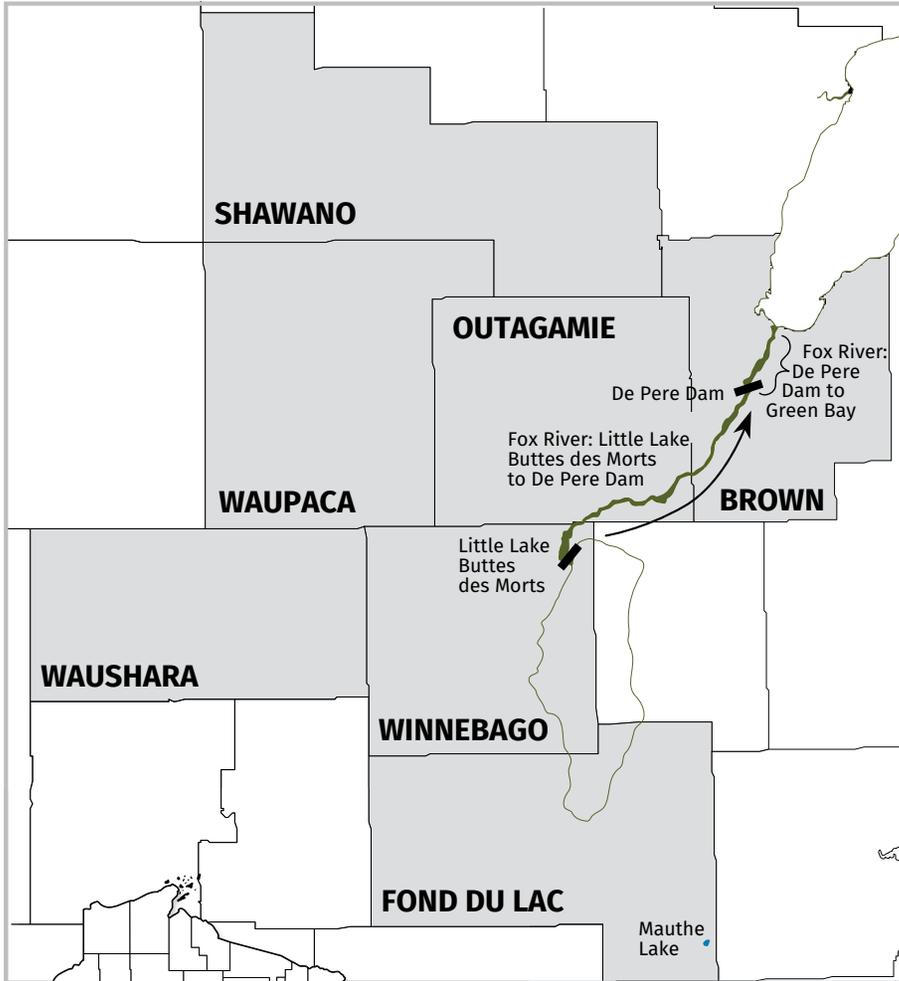
Lincoln, Marathon, Wood, Portage, Juneau and Adams  
Counties

### 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
<b>Wisconsin River from dam at Nekoosa to Petenwell Dam (Petenwell Flowage)</b>					
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			
<b>Wisconsin River from Petenwell Dam to Castle Rock Dam (Castle Rock Lake)</b>					
Bluegill		All sizes			
Black crappie		All sizes			
Carp			All sizes		
Yellow perch		All sizes			
<b>Wisconsin River from Castle Rock Dam to Wisconsin Dells Dam</b>					
Carp			All sizes		
Channel catfish			All sizes		

## 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](#)

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

### CONSUMPTION GUIDELINES (MERCURY)

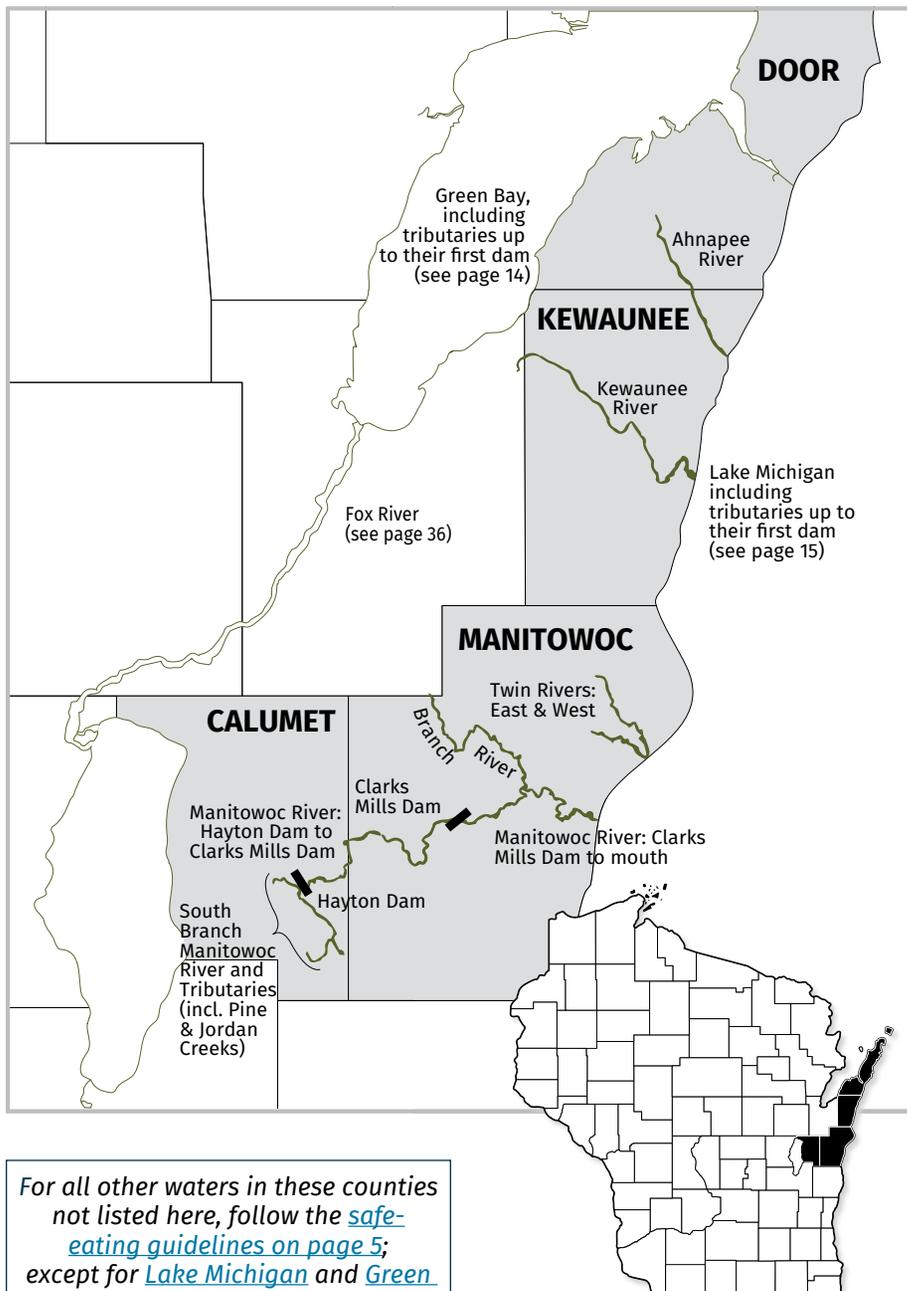
### GUIDELINES FOR EVERYONE (PCBS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Fox River from Little Lake Butte des Morts downstream to De Pere Dam</b>					
Carp				Under 28"	Over 28"
Channel catfish			All sizes		
Walleye			All sizes		
White bass			All sizes		
White perch			All sizes		
Yellow perch			All sizes		
<b>Fox River from De Pere Dam downstream to the mouth of the Fox where it enters Green Bay</b>					
Bigmouth buffalo					All sizes
Black crappie			All sizes		
Bluegill			All sizes		
Carp					All sizes
Channel catfish					All sizes
Freshwater drum			Under 19"	19"-23"	Over 23"
Lake whitefish			All sizes		
Musky					All sizes
Northern pike			Under 33"	Over 33"	
Rock bass		All sizes			
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		
<b>Mauthe Lake</b>					
Yellow perch		All sizes	All sizes		

☛ Advice for women over age 50 and men

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

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



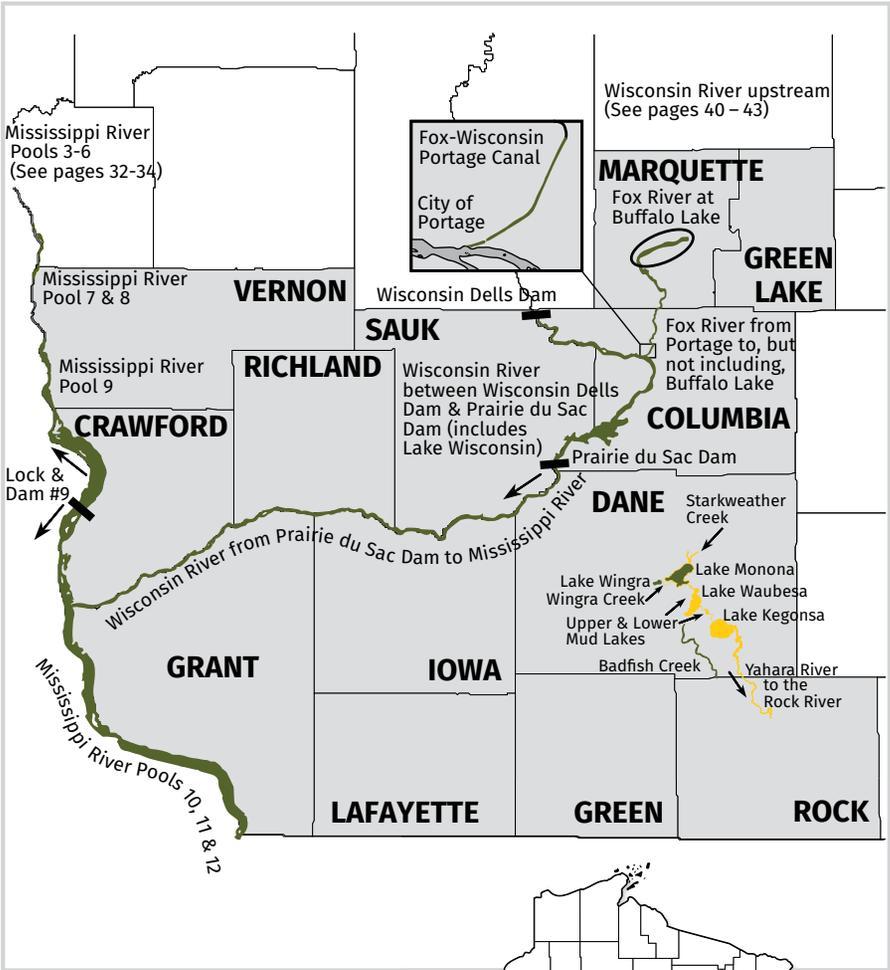
For all other waters in these counties not listed here, follow the [safe-eating guidelines on page 5](#); except for [Lake Michigan](#) and [Green Bay](#), see pages 14 – 15.

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

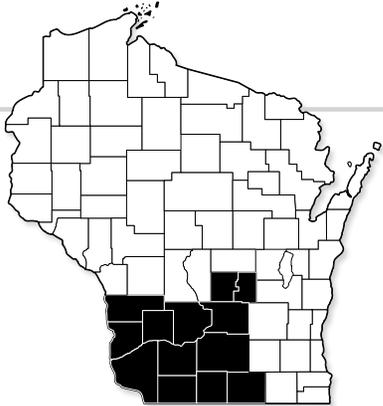
### GUIDELINES FOR EVERYONE (PCBS)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Ahnapee River</b>					
Carp			All sizes		
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines</a> , see page 15.				
<b>Branch River in Manitowoc County</b>					
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines</a> , see page 15.				
<b>Kewaunee River</b>					
Carp				All sizes	
Channel catfish			Under 13"	Over 13"	
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines</a> , see page 15.				
<b>Manitowoc River (South Branch) and its tributaries from Chilton downstream to Hayton Millpond, including Pine and Jordan Creeks</b>					
All species					All sizes
<b>Manitowoc River from Hayton Millpond to Clarks Mills Dam</b>					
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		
<b>Manitowoc River from Clarks Mills Dam downstream to mouth at Lake Michigan</b>					
Carp			All sizes		
Channel catfish				Under 20"	Over 20"
Smallmouth bass			All sizes		
Northern pike			All sizes		
Trout & salmon	Follow the <a href="#">safe-eating guidelines on page 5</a> .				
<b>Twin Rivers (East and West) from their mouth up to their first dams</b>					
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 <a href="#">Lake Michigan guidelines</a> , see page 15.				

## 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](#).



## 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
<b>Badfish Creek and Oregon Branch downstream of Schneider Road; Dane County</b>					
Carp			All sizes		
<b>Fox River from Portage downstream to, but not including, Buffalo Lake</b>					
Black crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp				All sizes	
Smallmouth bass			All sizes		
White sucker			All sizes		
<b>Fox River at Buffalo Lake</b>					
Carp				All sizes	
Panfish		All sizes			
<b>Mississippi River Pool 7 and 8</b>					
Buffalo			All sizes		
Flathead catfish			All sizes		
<b>Mississippi River Pool 9</b>					
Buffalo			All sizes		
Carp			All sizes		
White bass			All sizes		
<b>Mississippi River Pools 10, 11 and 12</b>					
Carp			Over 25"		
<b>Portage Canal</b>					
Carp			All sizes		
<b>Lake Wingra</b>					
Carp			All sizes		

**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)**

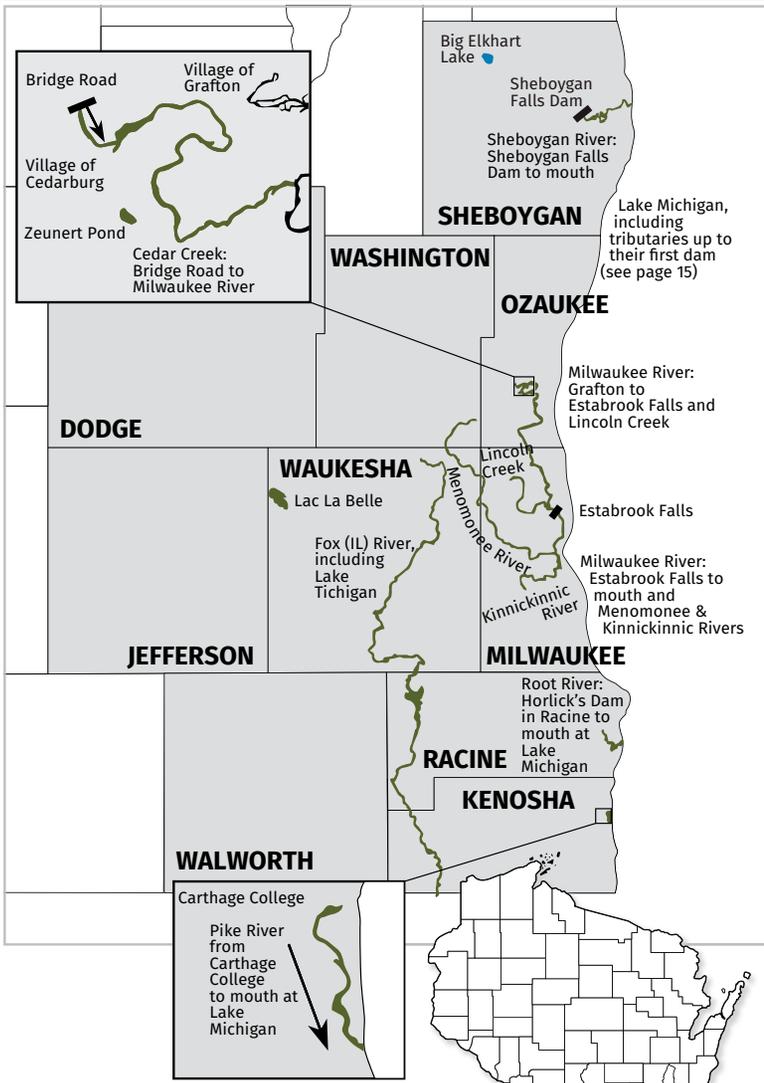
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	Do not eat
<b>Wisconsin River from Wisconsin Dells Dam downstream to Prairie du Sac Dam (including Lake Wisconsin)</b>					
Carp			All sizes		
Lake sturgeon			Under 70"	Over 70"	
<b>Wisconsin River from Prairie du Sac Dam downstream to the confluence with the Mississippi River</b>					
Carp			Over 20"		
Lake sturgeon			Under 70"	Over 70"	
<b>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</b>					
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			



Charter fishing in Milwaukee.

Photo courtesy of Richard Beauchamp / TravelWisconsin.com

# 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](#).

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

CONSUMPTION GUIDELINES (MERCURY)					
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
<b>Big Elkhart Lake</b>					
Walleye			Over 19"		Over 19"
<b>Cedar Creek from Bridge Road in Cedarburg downstream to Milwaukee River (includes Zeunert Pond)</b>					
ALL SPECIES					ALL SIZES
<b>Fox (IL) River, including Lake Tichigan</b>					
Carp			All sizes		
Channel catfish			All sizes		
<b>Lac La Belle</b>					
Buffalo			All sizes		
<b>Milwaukee River from the City of Grafton downstream to Estabrook Falls, including Lincoln Creek</b>					
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 <a href="#">Lake Michigan guidelines, see page 15</a> .				

Advice for women over age 50 and men  
 Advice for women under age 50 and children under age 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
<b>Milwaukee River from Estabrook Falls downstream to harbor mouth at Lake Michigan and the Menomonee and Kinnickinnic Rivers</b>					
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 <a href="#">Lake Michigan guidelines, see page 15.</a>				
<b>Pike River from Carthage College in the City of Kenosha downstream to the mouth at Lake Michigan</b>					
Carp			All sizes		
Largemouth bass			All sizes		
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines, see page 15.</a>				
<b>Root River from Horlick's Dam in Racine downstream to Lake Michigan</b>					
Carp					All sizes
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines, see page 15.</a>				
<b>Sheboygan River from dam in Sheboygan Falls downstream to the mouth at Lake Michigan</b>					
All resident species					All sizes
Trout & salmon	Follow the <a href="#">Lake Michigan guidelines, see page 15.</a>				

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 here: [https://widnr.widen.net/s/rnbxrcnscb/consumption\\_healthdishwisfish](https://widnr.widen.net/s/rnbxrcnscb/consumption_healthdishwisfish)

