



Colorado Department
of Public Health
and Environment

CATAMOUNT LAKE

2009

ATTENTION ANGLERS

Routine sampling has shown at least one fish from the species listed below in this lake met or exceeded the mercury action level of 0.5 parts per million set by the Colorado Department of Public Health and Environment. Eating fish that exceed this level may cause health problems, especially for the unborn fetus and small children.

The Colorado Department of Public Health and Environment has categorized the fish according to mercury levels. To find out the recommended amounts of fish that may be consumed, find the fish and size you caught and follow the recommendations described below, in terms of the number of meals per month for each group of people.

| <u>FISH</u> | <u>SIZE</u> | <u>PREGNANT WOMEN, NURSING WOMEN AND WOMEN WHO PLAN ON BEING PREGNANT</u> | <u>CHILDREN 6 YEARS OR YOUNGER</u> | <u>GENERAL POPULATION</u> |
|---------------|------------------------|---|--|-------------------------------|
| Northern Pike | Larger than 36 inches | 1 Meal per Month | Do Not Consume | 1 Meal per Month |
| Northern Pike | Smaller than 36 inches | 1 Meal per Month | 1 Meal per Month | 2 Meals per Month |

PLEASE REFER TO COLORADO DIVISION OF WILDLIFE FISHING REGULATIONS FOR LEGAL SIZES AND BAG LIMITS

Risk recommendations are based on:

Meal size for adults = 8 ounces

Meal size for children = 4 ounces.

If the fish species and size you caught are not listed above, either the Department hasn't tested them or they were found to be safe to eat. The report "Mercury Concentrations in Fish from Catamount Lake" can be found at <http://www.cdphe.state.co.us/wq/FishCon/Analyses/>. For questions regarding mercury in fish call the Water Quality Control Division (303 692-3500). For general information about fish and nutrition, consult: <http://www.epa.gov/waterscience/fish/>. For questions about human health and mercury call the Disease Control and Environmental Epidemiology Division (303 692-2700).