



Colorado Department
of Public Health
and Environment

ROCKY MOUNTAIN LAKE

2006

ATTENTION ANGLERS

Routine sampling has shown that some fish from this water exceed 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 determine 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.

FISH	SIZE	PREGNANT WOMEN, NURSING WOMEN AND WOMEN WHO PLAN ON BEING PREGNANT	CHILDREN 6 YEARS OR YOUNGER	GENERAL POPULATION
Largemouth Bass	Larger than 10 inches	1 Meal per Month	Do Not Consume	1 Meal per Month
Largemouth Bass	Smaller than 10 inches	2 Meals per Month	1 Meal per Month	3 Meals per Month

Meal size for adults weighing 150 pounds = 8 ounces

Meal size for children = 4 ounces.

If the fish 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 Rocky Mountain Lake" can be found at <http://www.cdphe.state.co.us/wq/monitoring/monitoring.html>. 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). For general information about Rocky Mountain Lake, contact Denver Department of Environmental Health at 720 865-5452.