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FOR IMMEDIATE RELEASE

March 1, 2010

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2010 Sports Fish Consumption Advisory Issued

Woodstock IL – The Illinois Department of Public Health (IDPH) has announced its 2010 consumption advisories for sport fish caught in Illinois waters. While there is no known immediate health threat from eating contaminated fish from any body of water in Illinois, there are concerns about the effects of long-term, low-level exposure to pesticides and chemicals, such as chlordane, polychlorinated biphenyls (PCBs), and methylmercury, found in fish listed on the advisories.

Released every year, the advisories are based primarily on protecting sensitive populations, including women of childbearing age, pregnant women, fetuses, nursing mothers and children younger than 15 years of age. “The advisories are not meant to discourage people from eating fish, but should be used as a guideline to help anglers and their families decide the types of fish to eat, and how to prepare fish for cooking to reduce possible contaminants,” states Dr. Damon T. Arnold, State Public Health Director. Women beyond childbearing age and males older than 15 years of age can eat as many meals of predator fish as they please, with the exception of fish caught from the 22 bodies of water that are on the special mercury advisory. In McHenry County, these advisories include **Lake in the Hills**.

The Illinois Fish Contaminant Monitoring Program screens fish samples from about 40 bodies of water per year for contamination from 14 banned pesticides, industrial chemicals and methylmercury. The program is a joint effort of the Illinois Environmental Protection Agency (IEPA) and the departments of Agriculture, Natural Resources, and Public Health.

Fish are collected by the Illinois Department of Natural Resources (IDNR) and tested by IEPA. IDPH bases its consumption advisories on the IEPA test results. This year's advisory is included in the 2010 Illinois Fishing Information Booklet, which is available from IDNR and from businesses that sell state fishing licenses. It also can be viewed on IDPH's website www.idph.state.il.us/envhealth.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”