

ADEQ Issues Fish Consumption Advisory for Lyman Lake in Apache County

September 12, 2018 – The Arizona Department of Environmental Quality (ADEQ), in association with the Arizona Game and Fish Department (AGFD), has issued a fish consumption advisory for walleye caught from Lyman Lake in Apache County. This advisory recommends that walleye caught from Lyman Lake not be consumed. This advisory is based on recent analysis of fish tissue data that indicated elevated levels of mercury.

Generally, any contaminant levels found in water are significantly lower than those found in fish tissue. Therefore, fishing, bird watching, swimming and other recreational activities at Lyman Lake are not affected by this advisory and are encouraged for enjoying the great outdoors.

Fish are an excellent source of protein and can be an important part of a healthy, diverse diet as they are low in saturated fat. The American Heart Association recommends people eat at least two fish or seafood meals every week. The public health recommendations in this advisory are based on frequent and long-term consumption of fish, not infrequent or occasional fish meals.



Background

Fish Consumption Advisory: A fish consumption advisory recommends either limited or no consumption of fish when ADEQ determines contaminant levels in fish tissues taken from an Arizona waterway exceed state health standards. These advisories do not apply to commercial fish sold in markets.

Pollutant of Concern: Mercury in the environment can come from various sources and cause numerous health problems such as damage to the central nervous system, depending on the exposure. Infants and pregnant or nursing mothers are considered most at risk to possible health effects. Fish can accumulate elevated levels of mercury when larger fish consume smaller fish and insects.

For more information, visit AGFD's web page for Fish Consumption Advisories:
azgfd.com/fishing/fishconsumption

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