

Eating fish from Lake Erie is safe if follow the current advisory

The [Ohio Sport Fish Consumption Advisory](#), issued by the Ohio Department of Health (ODH) with Ohio EPA and the Ohio Department of Natural Resources (ODNR), monitors fish tissue for 30 contaminants such as mercury and polychlorinated biphenyls (PCBs). PFAS are not currently monitored as part of Ohio's Sport Fish Consumption Advisory Program, however, a Great Lakes Restoration Initiative funded research project led by Ohio EPA is currently underway to measure PFAS levels in Lake Erie fish. Preliminary results from this study suggest that current fish consumption advice for Lake Erie provides adequate protection against any potential harmful effects of PFAS.

Monitoring for microplastics is difficult because the small size and diverse nature of these particles, the lack of standardized methods for detection and analysis, and the potential for contamination during sampling and processing. Microplastics have been [found](#) in several Great Lakes fishes. However, [research](#) suggests that the yearly intake of microplastics based on a diet of eating fish twice per week would be less than 1,000 microplastics a year. This value is lower than the amount entering the body [through other exposure routes](#) such inhalation and drinking water.

Fish are nutritious, high in protein, vitamins, minerals, and omega-3 fatty acids. Fishing can also be a rewarding hobby that brings people closer to nature, provides a source of natural food, and can even help with wildlife conservation. If fish consumption advisories are used to make good choices, the benefits of eating fish outweigh the risks from contaminants.

I hope this helps reassure folks that eating fish from Lake Erie is safe if they follow the current advisory.

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