



**Women**  
(18–49 Years)

**Children**  
(1–17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**DO NOT  
EAT**

**DO NOT  
EAT**

## A GUIDE TO EATING FISH

*from*

**ALAMITOS CREEK  
ALMADEN LAKE  
ALMADEN RESERVOIR  
CALERO CREEK  
CALERO RESERVOIR  
GUADALUPE CREEK  
GUADALUPE RESERVOIR  
GUADALUPE RIVER  
AND ASSOCIATED  
PERCOLATION PONDS**

(SANTA CLARA COUNTY)

### **Eat the Good Fish**

Eating fish that are low in chemicals may provide health benefits to children and adults.



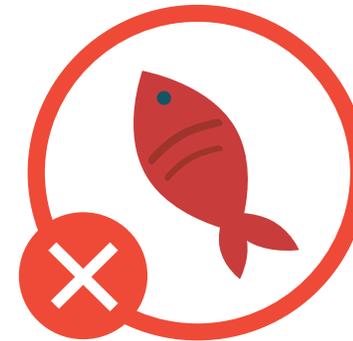
### **Avoid the Bad Fish**

Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.



### **Choose the Right Fish**

Chemicals may be more harmful to unborn babies and children.



# ALL FISH

Updated 12/2020