



## **INFORMATION ABOUT EATING FISH FROM LITTLE ROCK RESERVOIR (LOS ANGELES COUNTY)**

Office of Environmental Health Hazard Assessment (OEHHA)  
California Environmental Protection Agency  
October 2021

### **Why did OEHHA update the advisory for eating fish from Little Rock Reservoir?**

OEHHA updated an advisory for Little Rock Reservoir to include advice for two additional species, bullhead species and Golden Shiner, and to update advice for black bass species. This advisory was developed because of mercury found in the fish caught from this water body. Little Rock Reservoir is located approximately 12 miles south of Palmdale, in Los Angeles County. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

### **Why should I eat fish?**

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish are a good source of protein and vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

### **Which chemical is of concern for people eating fish from Little Rock Reservoir?**

- Mercury
  - Mercury is a metal that comes from mining, air fallout from burning coal and other fuels, and natural sources. It is the most commonly found contaminant in fish.
  - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
  - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18–49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.

### **How did OEHHA determine the consumption guidelines for fish from Little Rock Reservoir?**

- OEHHA compared chemical levels in fish caught from Little Rock Reservoir to levels that are considered safe for human consumption.

- OEHHA’s consumption guidelines balance the health benefits of fish consumption and the risks from the contaminants.

### **What does OEHHA recommend for people who want to eat fish from Little Rock Reservoir?**

- OEHHA recommends the amounts and types of fish that may be eaten each week as “servings.” A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings. For smaller fish species, several individual fish may be required to yield a serving.
- Women 18–49 years and children 1–17 years
  - Should not eat black bass species, Common Carp, or White Catfish
  - May eat:
    - 1 total serving per week of bullhead species, crappie species, Golden Shiner, Rainbow Trout, or sunfish species
- Women 50 years and older and men age 18 years and older
  - Should not eat black bass species
  - May eat:
    - 1 total serving per week of Common Carp or White Catfish, or
    - 2 total servings per week of bullhead species, crappie species, or sunfish species, or
    - 3 total servings per week of Golden Shiner or Rainbow Trout
- For additional fish species found in Little Rock Reservoir and not included in this advisory, OEHHA recommends following the [statewide advisory for eating fish from California’s lakes and reservoirs without site-specific advice.](#)

### **What else can I do to protect my health and the health of my family?**

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA’s guidelines for eating sport fish in California:
  - Visit <https://oehha.ca.gov/fish/advisories>, or call OEHHA at (916) 324-7572 or (510) 622-3170
  - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit <https://www.wildlife.ca.gov/Regulations>



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)

**1** TOTAL SERVING A WEEK

OR

**1** TOTAL SERVING A WEEK

**0** DO NOT EAT

**0** DO NOT EAT

**Serving Size**

A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults



For Children



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**3** TOTAL SERVINGS A WEEK

OR

**2** TOTAL SERVINGS A WEEK

OR

**1** TOTAL SERVING A WEEK

**0** DO NOT EAT

# A GUIDE TO EATING FISH *from* LITTLE ROCK RESERVOIR

(LOS ANGELES 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.



**Golden Shiner**

*Photo credit: New York Department of Environmental Conservation*



**Rainbow Trout**

♥ high in omega-3s



**Bullhead Species**



**Crappie Species**



**Sunfish Species**



**Common Carp**



**White Catfish**



**Black Bass Species**



**California Office of Environmental Health Hazard Assessment**

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**Eat only the skinless fillet**



Some chemicals are higher in the skin, fat, and guts.

**Eat only the meat**



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