



## **INFORMATION ABOUT EATING FISH FROM SILVERWOOD LAKE (SAN BERNARDINO COUNTY)**

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

### **Why did OEHHA update the advisory for eating fish from Silverwood Lake?**

OEHHA updated the advisory for Silverwood Lake because supplemental mercury and PCB data became available, allowing for the addition of bullhead fish species to our recommendations. This advisory supersedes the previous advisory for eating fish from Silverwood Lake and is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies. Silverwood Lake is located approximately 12 miles north of San Bernardino, in San Bernardino County.

### **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 chemicals are of concern for people eating fish from Silverwood Lake?**

- Mercury
  - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels. 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.
- Polychlorinated Biphenyls (PCBs)
  - PCBs are industrial chemicals. While banned in the 1970s, they persist for many years in the environment and are still found in the air, sediment, and water from spills, leaks, and improper disposal.
  - PCBs can increase cancer risk. PCBs may also harm the developing fetus, which can include effects on growth and learning. Women can pass PCBs on to their babies during pregnancy and breastfeeding.

- PCBs can build up to very high levels in the skin, fat, and some internal organs of fish. That is why OEHHA recommends eating only skinless fillet meat of fish.

### **How did OEHHA determine the consumption guidelines for fish from Silverwood Lake?**

- OEHHA compared chemical levels in fish caught from Silverwood Lake to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

### **What does OEHHA recommend for people who want to eat fish from Silverwood Lake?**

- 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, bullhead species, Channel Catfish, Sacramento Blackfish, Striped Bass, sunfish species, or Tui Chub
  - May eat:
    - 1 total serving per week of Tule Perch, or
    - 7 total servings per week of Rainbow Trout
- Women 50 years and older and men age 18 years and older
  - Should not eat bullhead species, Sacramento Blackfish, Striped Bass, or Tui Chub
  - May eat:
    - 1 total serving per week of black bass species, Channel Catfish, sunfish species, Tule Perch, or
    - 7 total servings per week of Rainbow Trout

### **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)

**7** TOTAL  
SERVINGS  
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.



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**For Adults For Children**



# A GUIDE TO EATING FISH from SILVERWOOD LAKE

(SAN BERNARDINO 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.



**Rainbow Trout**

♥ high in omega-3s



**Tule Perch**



**Black Bass Species**



**Channel Catfish**



**Sunfish Species**



**Bullhead Species**



**Sacramento Blackfish**



**Striped Bass**



**Tui Chub**



**California Office of Environmental Health Hazard Assessment**

**web** [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)

**email** [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)

**phone** (916) 324-7572

**Eat only the skinless fillet**



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

**Eat only the meat**



Updated 03/2021