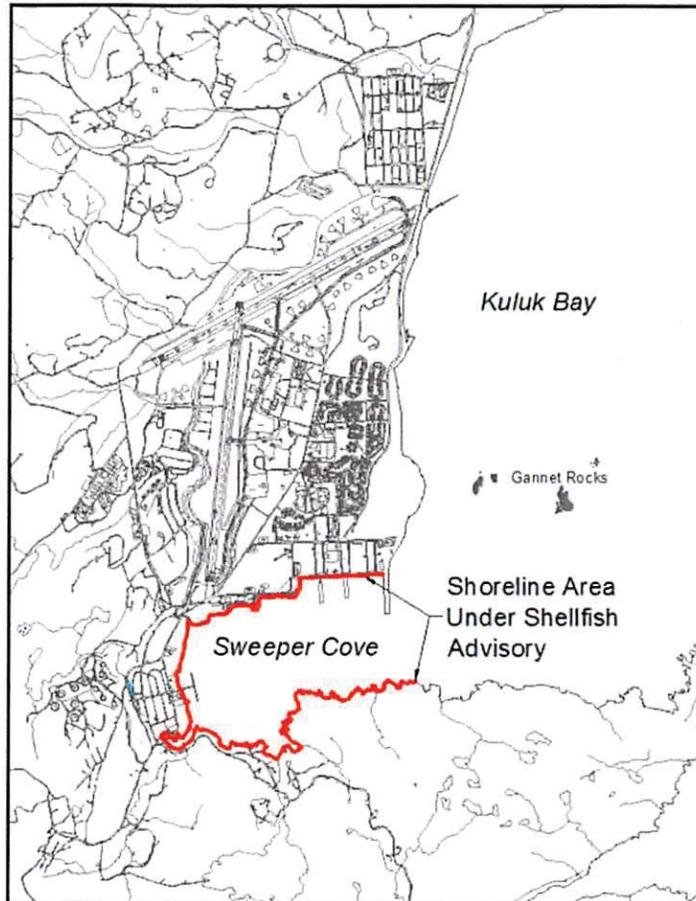


Health Advisory

PCB Levels in Rock Sole and Blue Mussels March 2016

- The health advisory for Adak fish consumption includes rock sole caught in Sweeper Cove and Kuluk Bay and blue mussels gathered in Sweeper Cove.
- Suggested limits for the amount of rock sole and blue mussels are shown in the table.
- Women of childbearing age and children through six years of age should carefully follow the meal limits.
- The advisory does not apply to other species of fish, such as salmon or halibut caught in these or other waters around Adak.
- For more information, please visit the Adak information repository at City Hall.



Rock Sole



Blue Mussel

Rock Sole/Blue Mussel Recommended Meal Limits*

Sweeper Cove

Rock Sole about 1 meal every 2 weeks
Blue Mussels about 1 meal every 2 weeks

Kuluk Bay

Rock Sole about 2 meals per week**

* One meal equals 8 ounces of fish or shellfish for the average adult.

** This meal limit is based on higher 2011 concentrations to be more conservative.

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