

Health Advisory

PCB Levels in Rock Sole and Blue Mussels

March 2021

- The health advisory for Adak fish consumption includes rock sole caught in and blue mussels gathered in Sweeper Cove.
- Suggested limits for the amount of rock sole and blue mussels are shown below.
- 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 by navigating the City of Adak website: <https://adak-ak.us/#>
- The Adak Information Repository can be accessed by scanning the QR code with your phone's camera.



Recommended Meal Limits for Rock Sole and Blue Mussels Gathered in Sweeper Cove*



Rock Sole

About 1 Meal Every 2 Weeks



Blue Mussels

About 1 Meal Every 2 Weeks

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

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