MAP FOR USE BY PREGNANT WOMEN, WOMEN OF CHILDBEARING AGE, AND CHILDREN UNDER 15 YEARS OF AGE. DO NOT EAT OGAA LARGER THAN 20 INCHES. EAT OGAA LESS THAN 20 INCHES AND CHOOSE EVEN SMALLER OGAA TO FURTHER REDUCE MERCURY EXPOSURE.

Number of meals is based on an 8 ounce meal size. If your meal size is larger, you should reduce the number of meals you eat per month.

For Ogaa Smaller than 20 Inches:
- Eat up to 8 meals or 64 ounces per month.
- Eat up to 4 meals or 32 ounces per month.
- Eat up to 2 meals or 16 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.

Not enough information available.

County Boundary
Lac du Flambeau Reservation

This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by Lac du Flambeau

MAP FOR USE BY WOMEN BEYOND CHILDBEARING AGE AND BY MEN.

FOR OGAA LARGER THAN 20 INCHES, EAT FEWER MEALS.
When Cleaning Ogaas:
- Put ogaa under 20 inches in bags labeled “under 20 inches.”
- Put ogaa over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

Max number of meals per month: For women of childbearing age and children less than 15.

USAING THIS CHART TO FIND SAFER GIIGOONH

When Cleaning Ogaas:
- Put ogaa under 20 inches in bags labeled “under 20 inches.”
- Put ogaa over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

For many native people, giigoonh are part of a traditional and healthy diet. If you rely on giigoonh, choose safer giigoonh with lower levels of mercury by following the advice on this map.

For women of childbearing age and children less than 15.

MAXIMUM NUMBER OF MEALS PER MONTH

Advice is for all lakes combined. For example, if you eat four meals in a month from green lakes you should not eat any other meals of ogaa in that month.

MEAL SIZE

Meal size is based on 8 ounces. An average 19 inch ogaa will have 8 ounces of meat. If your meal size is larger you should eat fewer meals of ogaa. If it is smaller you can eat more meals of ogaa.

OTHER GIIGOONH

Gigoonh such as muskellunge, largemouth bass, smallmouth bass, and northern pike will have more mercury than giigoonh such as lake whitefish, herring, bluegill, sunfish, crappie or perch. Try to choose safer giigoonh.

For women of childbearing age and children less than 15.

For women beyond childbearing years and men 15 and older.

For men 15 and older.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.

For any native people, gigoonh are part of a traditional and healthy diet. If you rely on gigoonh, choose safer gigoonh with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of gigoonh a month may reduce your risk of death due to heart disease.