

# Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by St Croix

# SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Ogaa* (walleye):

- 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.

#### USING THIS CHART TO FIND SAFER GIIGOONH

### 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

SENSITIVE:

Anyone who

**GENERAL:** 

Anyone who

Giigoonh 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*.

		CENCITIVE	CENEDAL
		SENSITIVE:	GENERAL:
		Anyone who	Anyone who
		is pregnant	CANNOT
		or nursing,	become
		could	pregnant,
		become	is NOT
		pregnant,	nursing,
		and children	and
	1	under 15 Maximum	is over 15 Maximum
		number of	number of
		meals per	meals per
LAKE	COUNTY	month	month
BALSAM L	POLK	2	8
BALSAM L	WASHBURN	1	4
BASS L	DOUGLAS	<u>'</u>	
BASS L	WASHBURN	Not Enough Information  Not Enough Information	
BASS-PATTERSON L	WASHBURN	1	4
BEAR L	BARRON	1	4
BEAR L	DOUGLAS	•	
BEAR L	POLK	Not Enough Information  Not Enough Information	
BEAUREGARD L	DOUGLAS	Not Enough	
BEAVER DAM L	BARRON	1	4
BIG BASS L	WASHBURN	2	4
BIG BUTTERNUT L	POLK	2	8
BIG DUMMY L	BARRON	Not Enough	
BIG MCKENZIE L	BURNETT	2	8
BIG MOON L	BARRON	Not Enough	
BIG ROUND L	POLK	2	4
BONE L	POLK	Not Enough	
CEDAR L	ST CROIX	2	8
CLAM R FL	BURNETT	Not Enough	
DEER L	POLK	Not Enough	
DEVILS L	BURNETT	2	8
DUCK L	BARRON	2	8
DUNHAM L	BURNETT	1	4
DUNN L	WASHBURN	2	8
GILMORE L	WASHBURN	1	4
GRANITE L	BARRON	2	8
HALF MOON L	POLK	2	4
HOLCOMBE FL	CHIPPEWA	1	4
HORSESHOE L	BARRON	0	2
INDIANHEAD FL	POLK		Information
L CHETEK	BARRON		Information
L GALILEE	ASHLAND	1	// //
L NANCY	WASHBURN	1	4
L WISSOTA	CHIPPEWA	1	4
LEADER L	DOUGLAS	-	
LIPSETT L	BURNETT		Information
LITTLE YELLOW L	BURNETT	2	4
LITTLE TELLOW L	BURNETT		8

is pregnant, or nursing, could pregnant, is NOT pregnant, and children under 15 is over 15 is NOT pregnant, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is NOT pregnant, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is NOT pregnant, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is NOT pregnant, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is NOT pregnant, and children under 15 is over 15 is NOT pregnant, and children under 15 is Not Enough Information is NOT Enough Information under 15 is NOT pregnant, and children under 15 is NO			Anyone who	Anyone who
could become is NOT pregnant, and children under 15 is over 15 is NOT pregnant, and children under 15 is over			is pregnant	CANNOT
become pregnant, and children under 15 is NOT nursing, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is NOT nursing, and children under 15 is over 15 is over 15 is NOT nursing, and children under 15 is NOT nursing.  B NOWER DEVILS L BARRON Not Enough Information Not Enough				
pregnant, and children under 15 is over 15 i				
And children under 15 is over 15 is over 15 Maximum number of meals per month number of meals pe				
LAKE COUNTY mumber of meals per month number of meals per month month number of month number				_
LAKE COUNTY month number of meals per month number of month number of meals per month number of month number of month numb				
LAKE  COUNTY  LONG L  WASHBURN  LOWER DEVILS L  BARRON  LOWER TURTLE L  BARRON  MAGNOR L  MATTHEWS L  MILLE LACS  MINDDLE MCKENZIE L  WASHBURN  NOT Enough Information  WASHBURN  MUD L  BARRON  NOT Enough Information  POSKIN L  BARRON  POSKIN L  BARRON  POSKIN L  BARRON  PRAIRIE L  BARRON  RED L  DOUGLAS  ROONEY L  BURNETT  SAND L  BARRON  BARRON  BARRON  SAND L  BURNETT  SAND L  BARRON  BARRON  BARRON  SAND L  BURNETT  SAND L  BARRON  BARRON  SAND L  BURNETT  SAND L  BARRON  BARRON  SAND L  SAND L  BARRON  SAND L  BARRON  SAND L  BARRON  SAND L  BARRON  SAND L  SAND L  BARRON  NOT Enough Information  STAPLES L  BARRON  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BURNETT  NOT Enough Information  NOT Enough Information  UPPER CLAM L  BARRON  NOT Enough In		T		
LAKE COUNTY meals per month month  LONG L WASHBURN 2 8  LOWER DEVILS L BARRON Not Enough Information  LOWER TURTLE L BARRON 2  LOWER VERMILLION L BARRON 2  MAGNOR L POLK 1 4  MATTHEWS L WASHBURN 1 4  MIDDLE MCKENZIE L WASHBURN 2 8  MILLE LACS MILLE LACS 2 8  MINONG FL WASHBURN 1 4  MUD L BARRON Not Enough Information  N PIPE L POLK Not Enough Information  N PIPE L POLK Not Enough Information  N PIPE L POLK Not Enough Information  POSKIN L BARRON Not Enough Information  POSKIN L BARRON Not Enough Information  POSKIN L BARRON 1 2  RED CEDAR L BARRON 1 4  RED L DOUGLAS 1 4  ROUND L BURNETT 1 4  ROUND L BURNETT 1 4  ROUND L BURNETT 1 4  SAND L BURNETT 2 4  SHELL L WASHBURN 1 4  SILVER L BARRON NOT Enough Information  POSKIN L BURNETT 1 4  ROUND L BURNETT 1 4  SAND L BURNETT 2 4  SAND L BURNETT 1 4  SAND L BURNETT 2 4  SHELL L WASHBURN 1 4  SILVER L BARRON NOT Enough Information  SPRING L BARRON NOT Enough Information  TAINTER L DUNN 1 4  TREGO L WASHBURN NOT Enough Information  UPPER CLAM L BURNETT NOT Enough Information  UPPER TURTLE L BARRON NOT Enough Information				
LAKE				
LONG L WASHBURN 2 8 LOWER DEVILS L BARRON Not Enough Information LOWER TURTLE L BARRON 2 8 LOWER VERMILLION L BARRON 2 8 MAGNOR L POLK 1 4 MATTHEWS L WASHBURN 1 4 MIDDLE MCKENZIE L WASHBURN 2 8 MILLE LACS MILLE LACS 2 8 MINONG FL WASHBURN 1 4 MUD L BARRON Not Enough Information N PIPE L POLK 0 2 POKEGAMA L BARRON Not Enough Information POSKIN L BARRON 1 2 8 RED CEDAR L BARRON 2 8 RED CEDAR L BARRON 1 4 RED L DOUGLAS ROONEY L BURNETT 1 4 ROUND L BURNETT 1 4 SAND L BARRON 1 4 SAND L BURNETT 2 4 SILVER L BARRON 1 4 SILVER L BARRON 1 4 SILVER L BARRON NOT Enough Information SPRING L BARRON NOT Enough Information SPRING L BARRON NOT Enough Information STAPLES L BARRON NOT Enough Information STAPLES L BARRON NOT Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN NOT Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER DEVILS L BARRON NOT Enough Information UPPER TURTLE L BARRON NOT Enough Information		00111177		
LOWER DEVILS L BARRON Not Enough Information LOWER TURTLE L BARRON 2 8 LOWER VERMILLION L BARRON 2 8 MAGNOR L POLK 1 4 MATTHEWS L WASHBURN 1 4 MIDDLE MCKENZIE L WASHBURN 2 8 MILLE LACS MILLE LACS 2 8 MINONG FL WASHBURN 1 4 MUD L BARRON Not Enough Information N PIPE L POLK Not Enough Information PIPE L POLK Not Enough Information POSKIN L BARRON Not Enough Information POSKIN L BARRON Not Enough Information POSKIN L BARRON 1 2 8 RED CEDAR L BARRON 1 4 RED L DOUGLAS 1 4 ROONEY L BURNETT 1 4 ROUND L BURNETT 1 4 SAND L BARRON 1 4 SAND L BARRON 1 4 SAND L BURNETT 2 4 SAND L BARRON 1 4 SILVER L BARRON 2 2 SISSABAGAMA L SAWYER 2 4 SILIM L WASHBURN NOT Enough Information SPRING L BARRON NOT Enough Information STAPLES L BARRON NOT Enough Information STAPLES L BARRON NOT Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER TURTLE L BARRON NOT Enough Information				
LOWER TURTLE L LOWER VERMILLION L BARRON  MAGNOR L POLK MATTHEWS L WASHBURN MIDDLE MCKENZIE L WASHBURN MILLE LACS MINONG FL MUD L BARRON NOT Enough Information N PIPE L POLK NOT Enough Information POSKIN L BARRON NOT Enough Information POSKIN L BARRON RED CEDAR L BARRON RED L BOUGLAS ROONEY L BURNETT ROUND L BARRON BARRON BARRON BARRON BARRON BARRON BARRON BURNETT SAND L BARRON BARRON BARRON BARRON BARRON BARRON BARRON BARRON BURNETT CONDITION BURNETT CONDITION CONDIND CONDITION CONDITION CONDITION CONDITION CONDITION CONDITION CO				
LOWER VERMILLION L BARRON  MAGNOR L  MAGNOR L  MATTHEWS L  MATTHEWS L  MIDDLE MCKENZIE L  MASHBURN  MILLE LACS  MILLE LACS  MILLE LACS  MINONG FL  MUD L  BARRON  NOT Enough Information  N PIPE L  POLK  NOT Enough Information  N PIPE L  POLK  POKEGAMA L  POKEGAMA L  BARRON  POSKIN L  BARRON  POSKIN L  BARRON  RED L  RED CEDAR L  ROONEY L  BURNETT  ROUND L  BURNETT  SAND L  SAND L  SAND L  SAND L  BURNETT  SAND L  SAND L  BURNETT  SAND L  SAND L  SAND L  BURNETT  SAND L  SAND				
MAGNOR LPOLK14MATTHEWS LWASHBURN14MIDDLE MCKENZIE LWASHBURN28MILLE LACSMILLE LACS28MINONG FLWASHBURN14MUD LBARRONNot Enough InformationN PIPE LPOLK02POKEGAMA LBARRONNot Enough InformationPOSKIN LBARRON12POKEGAMA LBARRON12POSKIN LBARRON28RED CEDAR LBARRON14RED LDOUGLAS14ROONEY LBURNETT14SAND LBURNETT14SAND LBURNETT24SAND LBURNETT24SAND LBOLK24SHELL LWASHBURN14SILVER LBARRON02SISSABAGAMA LSAWYER24SLIM LWASHBURNNot Enough InformationSPRING LBARRONNot Enough InformationSTAPLES LBARRONNot Enough InformationTAINTER LDUNN14TREGO LWASHBURNNot Enough InformationUPPER CLAM LBURNETTNot Enough InformationUPPER TURTLE LBARRONNot Enough InformationUPPER TURTLE LBARRONNot Enough InformationUPPER TURTLE LBARRONNot Enough InformationUPPER DEVILS LBARRONNot En				
MATTHEWS L WASHBURN MIDDLE MCKENZIE L WASHBURN MILLE LACS MILLE LACS MINONG FL WASHBURN MUD L BARRON Not Enough Information N PIPE L POLK O 2 POKEGAMA L BARRON Not Enough Information POSKIN L BARRON Not Enough Information POSKIN L BARRON 1 2 PRAIRIE L BARRON 2 8 RED CEDAR L BARRON 1 4 RED L DOUGLAS 1 4 ROUND L BURNETT 1 4 ROUND L BURNETT 1 4 SAND L BARRON 1 4 SAND L BURNETT 2 4 SAND L BURNETT 2 4 SAND L BURNETT 2 4 SHELL L WASHBURN 1 4 SILVER L BARRON 0 2 SISSABAGAMA L SAWYER 2 4 SLIM L WASHBURN NOT Enough Information SPRING L BARRON 0 2 SISSABAGAMA L SAWYER 2 4 SLIM L WASHBURN NOT Enough Information SPRING L BARRON NOT Enough Information SPRING L BARRON NOT Enough Information STAPLES L BARRON NOT Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER CLAM L BURNETT NOT Enough Information UPPER TURTLE L BARRON NOT Enough Information				
MIDDLE MCKENZIE L WASHBURN MILLE LACS MILLE LACS MINONG FL WASHBURN MUD L BARRON Not Enough Information N PIPE L POLK Not Enough Information PIPE L POLK O 2 POKEGAMA L BARRON Not Enough Information POSKIN L BARRON Not Enough Information POSKIN L BARRON				
MILLE LACS         MILLE LACS         2         8           MINONG FL         WASHBURN         1         4           MUD L         BARRON         Not Enough Information         N PIPE L         POLK         Not Enough Information           N PIPE L         POLK         0         2         2           POKEGAMA L         BARRON         Not Enough Information         POKIN L         BARRON         1         2         2           POKEGAMA L         BARRON         1         2         2         8         8         8         4         8         8         4         8         8         4         8         4         8         8         4         8         8         4         8         8         4         9         9         9         9         9         9         9         <				
MINONG FL  MUD L  BARRON  Not Enough Information  N PIPE L  POLK  POLK  Not Enough Information  PIPE L  POLK  POLK  Not Enough Information  NOT Enough Information  PIPE L  POLK  POKEGAMA L  BARRON  POSKIN L  PRAIRIE L  BARRON  RED CEDAR L  BARRON  RED L  ROUND L  BURNETT  BURNETT  SAND L  SAND L  SAND L  BURNETT  SAND L  SAN				
MUD L BARRON Not Enough Information N PIPE L POLK Not Enough Information PIPE L POLK 0 2  POKEGAMA L BARRON Not Enough Information POSKIN L BARRON Not Enough Information POSKIN L BARRON 1 2  PRAIRIE L BARRON 2 8  RED CEDAR L BARRON 1 4  RED L DOUGLAS 1 4  ROONEY L BURNETT 1 4  ROUND L BURNETT 1 4  SAND L BARRON 1 2 4  SAND L BURNETT 2 4  SHELL L WASHBURN 1 4  SILVER L BARRON 0 2  SISSABAGAMA L SAWYER 2 4  SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4  TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON Not Enough Information				
N PIPE L POLK PIPE L POKEGAMA L POKEGAMA L BARRON POSKIN L PRAIRIE L BARRON RED CEDAR L RONEY L BURNETT SAND L SAND L SAND L SHELL L SAND L SHELL L SAND L SHELL L SAND L SHELL L SHERON SHELL L SHELL			-	
PIPE L POKEGAMA L BARRON POSKIN L BARRON PRAIRIE L BARRON RED CEDAR L RED L DOUGLAS ROONEY L BURNETT ROUND L BURNETT SAND L SAND L SHELL L SAND L SHELL L SAND L SHELL L SAND L SHELL L SHERON SILVER L SLIM L STAPLES L STAPLES L BARRON STAPLES L BARRON DUNN TREGO L WASHBURN WASHBURN TREGO L WASHBURN WASHBURN Not Enough Information DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER TURTLE L BARRON Not Enough Information				
POKEGAMA L BARRON Not Enough Information POSKIN L BARRON 2 PRAIRIE L BARRON 2 RED CEDAR L BARRON 1 RED L DOUGLAS 1 ROONEY L BURNETT 1 ROUND L BURNETT 1 SAND L BARRON 1 SAND L BURNETT 2 SAND L BURNETT 2 SAND L BURNETT 3 SAND L BURNETT 3 SAND L BURNETT 4 SAND L BURNETT 3 SAND L BURNETT 4 SAND L BURNETT 5 SAND L BURNETT 5 SAND L BURNETT 5 SAND L POLK 7 SHELL L WASHBURN 1 SILVER L BARRON 0 SISSABAGAMA L SAWYER 2 SLIM L WASHBURN Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON Not Enough Information		POLK	Not Enough	Information
POSKIN L BARRON 1 2 8  RED CEDAR L BARRON 1 4  RED L DOUGLAS 1 4  ROONEY L BURNETT 1 4  ROUND L BURNETT 1 4  SAND L BARRON 1 1 4  SAND L BURNETT 2 4  SAND L BURNETT 2 4  SAND L BURNETT 2 4  SHELL L WASHBURN 1 4  SILVER L BARRON 2 2  SISSABAGAMA L SAWYER 2 2  SISSABAGAMA L SAWYER 2 4  SLIM L WASHBURN Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4  TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON NOT ENOUGH TURTLE L BARRON UPPER TURTLE L BARRON UPPER TURTLE L BARRON	PIPE L	POLK	0	2
PRAIRIE L RED CEDAR L RED L BARRON RED L DOUGLAS ROONEY L BURNETT BURNETT SAND L SAND L SAND L SAND L SHELL L SILVER L SISSABAGAMA L SLIM L SURSABAGAMA L SARRON STAPLES L BARRON BARRON BARRON STAPLES L BARRON BURNETT BURNETT BURNETT BARRON	POKEGAMA L	BARRON	Not Enough	Information
RED CEDAR L RED L DOUGLAS ROONEY L BURNETT BURNETT SAND L SAND L SAND L SAND L SHELL L SILVER L SILVER L SLIM L SURSABAGAMA L SARRON SPRING L SARRON STAPLES L TAINTER L TREGO L WASHBURN UPPER CLAM L WASHBURN UPPER TURTLE L BARRON BARRON 1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	POSKIN L	BARRON	1	
RED L ROONEY L BURNETT BURNETT BURNETT BURNETT 1 4 5AND L SAND L SAND L SAND L SAND L SHELL L SHELL L SILVER L SISSABAGAMA L SLIM L SUMSHBURN STAPLES L TAINTER L DUNN TREGO L WASHBURN BURNETT DUNN TREGO L WASHBURN BURNETT Not Enough Information UPPER DEVILS L BARRON BURNETT BURNETT BURNETT BURNETT Not Enough Information UPPER DEVILS L BARRON BURNETT BURNET	PRAIRIE L	BARRON	2	8
ROONEY L ROUND L BURNETT SAND L BARRON SAND L BURNETT SAND L BURNETT 2 4 SAND L SHELL L WASHBURN SILVER L SISSABAGAMA L SAWYER SLIM L SAWYER SLIM L SAWYER SPRING L BARRON SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information WASHBURN Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON UPPER TURTLE L BARRON WAPOGASSET L POLK WHITEFISH L DOUGLAS	RED CEDAR L	BARRON	1	4
ROUND L SAND L SHELL L SILVER L SILVER L SISSABAGAMA L SISSABAGAMA L SAWYER SLIM L SARRON SPRING L SARRON SPRING L SARRON SPRING L SARRON SARRON STAPLES L BARRON Not Enough Information STAPLES L TREGO L WASHBURN Not Enough Information TAINTER L DUNN TAINTER L DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON UPPER TURTLE L BARRON VASHBURN Not Enough Information UPPER TURTLE L BARRON UPPER TURTLE L BARRON VASHBURN VASH	RED L	DOUGLAS	1	4
SAND L SA	ROONEY L	BURNETT	1	4
SAND L SAND L POLK SAND L POLK SHELL L WASHBURN SILVER L BARRON SISSABAGAMA L SAWYER SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information WASHBURN Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON UPPER TURTLE L BARRON WAPOGASSET L POLK WHITEFISH L DOUGLAS	ROUND L	BURNETT	1	4
SAND L SHELL L WASHBURN SILVER L BARRON O SISSABAGAMA L SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information VASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER DEVILS L BARRON UPPER TURTLE L BARRON VASHBURN Not Enough Information UPPER TURTLE L BARRON VASHBURN VASHB	SAND L	BARRON	1	4
SHELL L SILVER L SILVER L SISSABAGAMA L SISSABAGAMA L SAWYER  SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER DEVILS L BARRON UPPER TURTLE L BARRON UPPER TURTLE L BARRON WAPOGASSET L POLK WHITEFISH L DOUGLAS	SAND L	BURNETT	2	4
SILVER L SISSABAGAMA L SAWYER 2 4 SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON TAINTER L DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER DEVILS L BARRON UPPER TURTLE L BARRON WAPOGASSET L POLK WHITEFISH L DOUGLAS  2 4  Cancel Company Compan	SAND L	POLK	2	4
SISSABAGAMA L SAWYER 2 4  SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4  TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON Not Enough Information UPPER TURTLE L BARRON 2 8  WAPOGASSET L POLK 2 8  WHITEFISH L DOUGLAS 1	SHELL L	WASHBURN	1	4
SLIM L WASHBURN Not Enough Information SPRING L BARRON Not Enough Information STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON 2 8 WAPOGASSET L POLK 2 WHITEFISH L DOUGLAS 1	SILVER L	BARRON	0	2
SPRING L STAPLES L BARRON Not Enough Information TAINTER L DUNN TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON UPPER TURTLE L BARRON WAPOGASSET L POLK WHITEFISH L DOUGLAS  Not Enough Information 2 8 8 4	SISSABAGAMA L	SAWYER	2	4
STAPLES L BARRON Not Enough Information TAINTER L DUNN 1 4 TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON 2 8 WAPOGASSET L POLK 2 8 WHITEFISH L DOUGLAS 1 4	SLIM L	WASHBURN	Not Enough	Information
TAINTER L DUNN 1 4 TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON 2 8 WAPOGASSET L POLK 2 8 WHITEFISH L DOUGLAS 1	SPRING L	BARRON	Not Enough	Information
TREGO L WASHBURN Not Enough Information UPPER CLAM L BURNETT Not Enough Information UPPER DEVILS L BARRON Not Enough Information UPPER TURTLE L BARRON 2 8 WAPOGASSET L POLK 2 8 WHITEFISH L DOUGLAS 1	STAPLES L	BARRON	Not Enough	Information
UPPER CLAM LBURNETTNot Enough InformationUPPER DEVILS LBARRONNot Enough InformationUPPER TURTLE LBARRON28WAPOGASSET LPOLK28WHITEFISH LDOUGLAS14	TAINTER L	DUNN	1	4
UPPER CLAM LBURNETTNot Enough InformationUPPER DEVILS LBARRONNot Enough InformationUPPER TURTLE LBARRON28WAPOGASSET LPOLK28WHITEFISH LDOUGLAS14	TREGO L	WASHBURN	Not Enough	Information
UPPER DEVILS LBARRONNot Enough InformationUPPER TURTLE LBARRON28WAPOGASSET LPOLK28WHITEFISH LDOUGLAS14	UPPER CLAM L	BURNETT		
UPPER TURTLE LBARRON28WAPOGASSET LPOLK28WHITEFISH LDOUGLAS14	UPPER DEVILS L			
WAPOGASSET L POLK 2 WHITEFISH L DOUGLAS 1		BARRON		
WHITEFISH L DOUGLAS 1				
		DOUGLAS		
	YELLOW L	BURNETT	1	

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.

## **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 *giigoonh* a month may reduce your risk of death due to heart disease.

