

2011

South Carolina

**fish consumption
advisories**

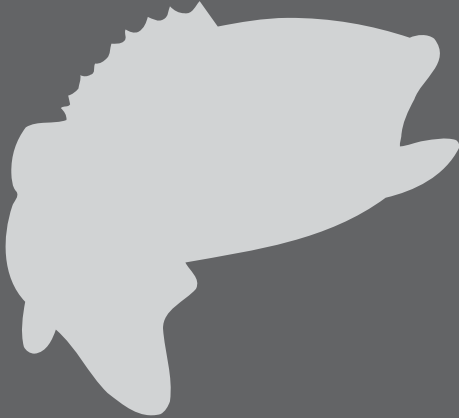
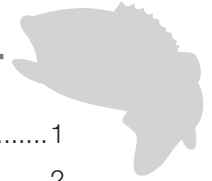


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Fish Smart! Eat Smart!

It's for your health.



Fishing is a fun, relaxing outdoor activity, and fish are a good source of protein, vitamins and minerals. **Whether you are fishing to just enjoy the outdoors, to spend time with family, or to catch dinner, you should always be safe about the fish you eat.** The South Carolina Department of Health and Environmental Control (DHEC) is working to help you fish smart and eat smart.

Some fish caught in South Carolina may not be safe to eat because they contain harmful levels of some chemicals. This does not mean that you have to stop eating fish. The advisories in this booklet tell you where you should limit the amount of fish you eat. They also tell you where it is safe to eat as much fish as you like.



Statewide Advice for _____ At-Risk Women & Children*



These at-risk groups should follow the advice listed below. All other groups should follow the advice given in the advisory tables.

Advice for at-risk groups:

- Eat only one meal a week of freshwater fish caught from a waterbody without an advisory.
- Do NOT eat any fish from waterbodies with an advisory (includes those listed in this booklet with an advisory for one meal a week, one meal a month, and do not eat any).
- Do NOT eat any king mackerel, shark, swordfish, or tilefish.

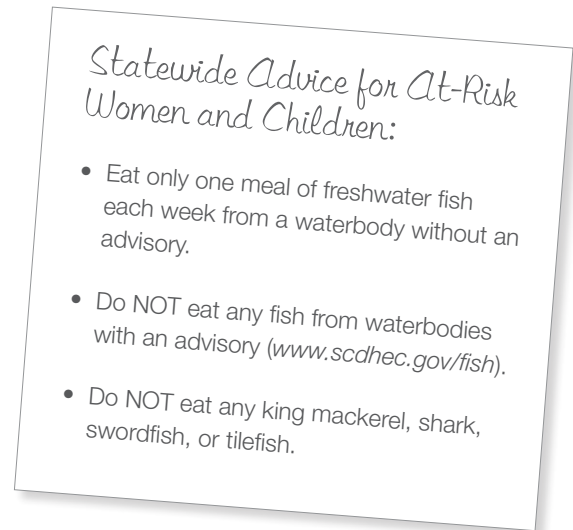
*These at-risk groups include:

- Babies
- Children under 14
- Women who are nursing
- Women who are pregnant
- Women who plan to become pregnant

Why are these groups at a greater risk?

- Developing bodies, such as infants and small children, are at a greater risk since their brains and nervous systems are still forming.
- The body naturally removes small amounts of contaminants, like mercury.
- These contaminants can build up in our bodies if too much of these contaminants are being consumed.
- Health problems can occur when there are too many harmful chemicals in the body.

To find out more, visit EPA's web site at www.epa.gov/ost/fish or go to FDA's web site at www.cfsan.fda.gov



Statewide Advice for At-Risk Women and Children:

- Eat only one meal of freshwater fish each week from a waterbody without an advisory.
- Do NOT eat any fish from waterbodies with an advisory (www.scdhec.gov/fish).
- Do NOT eat any king mackerel, shark, swordfish, or tilefish.

FAQs About Smart Fishing & —

Your Health

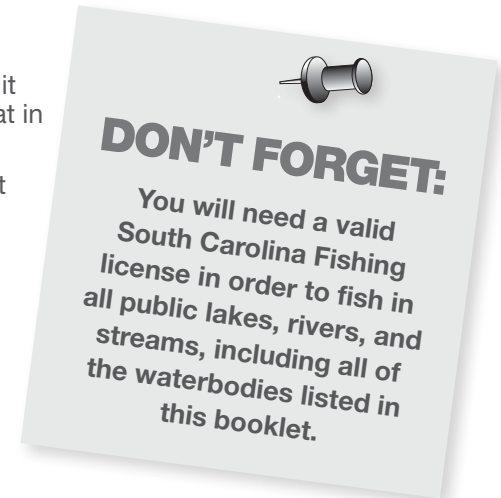


Why should I eat fish?

- It's low in fat & contains omega-3 fatty acids (boosts heart health)
- It's a great source of protein, vitamins, & minerals
- Eating fish regularly can reduce your chances of having a stroke or heart attack
- *To get all the benefits, you should eat fish at least two meals each week, but remember to choose the right types of fish to eat*
- **NOTE: Breeding & frying fish decreases health benefits**

What is an advisory?

- The advisory will list a lake, stream, or river in South Carolina. Then, it will tell you the **type of fish** and the **amount of fish** that is safe to eat in that area.
- If a waterbody or type of fish is **not listed** in the tables, it means that DHEC has not issued any consumption advice.
- Here are the reasons why DHEC may not issue an advisory:
 - ✦ The waterbody may not have been sampled.
 - ✦ There may not be enough data.
 - ✦ The waterbody is privately owned.
- Advisories help you decide:
 - ✦ Where to fish
 - ✦ Which fish to keep
 - ✦ How much fish to eat
- **No Advisories** – some lakes, streams, and rivers in South Carolina that have been tested do not have advisories. These are listed in boxes at the end of each regional section (pages 15, 20, 28, & 32).





How does DHEC determine if a waterbody should have an advisory?

- DHEC tests fish from South Carolina's lakes, rivers, streams, estuaries, and offshore waters. Some saltwater fish samples are collected by DHEC.
- All samples are tested for chemicals to see if any of the fish are contaminated.
- DHEC looks closely at the data and then issues fish consumption advisories where contaminated fish have been found.
- Once a contaminant has been found in a waterbody, DHEC tests additional species.

Why do we have advisories?

DHEC issues advisories to help ensure that the fish you catch are safe to eat.

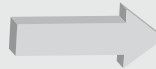
Are fish consumption advisories only in South Carolina?

South Carolina is not alone. Most states have issued fish consumption advisories. To look at other states' advisories, go to <http://www.epa.gov/waterscience/fish/states.htm>.

Why are some fish not safe to eat?



Harmful chemicals are released into the environment through emissions, burning of trash, etc.



These contaminants fall to earth when it rains and are washed into lakes, rivers, and streams.



Contaminants get into fish through the plants and animals that they eat.



When you eat these fish, the contaminants may get into your body, too.



General rule of thumb:

Older and larger fish have eaten more and have been in the water longer, so there may be more contaminants in their bodies.



What are the main contaminants in South Carolina?

- Mercury
- PCBs
- Radioisotopes (found in the Savannah River in very small amounts)

What do I need to know about mercury?

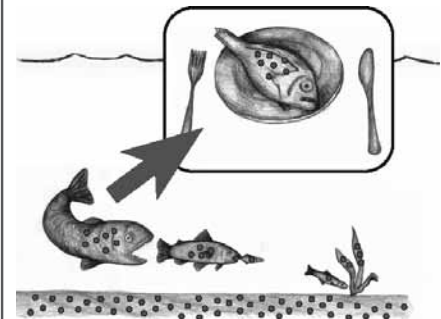
- Mercury in the environment comes from natural sources and from pollution.
- The largest sources of pollution have been from decades of burning fossil fuel (like coal) and waste.
- Mercury builds up in the tissue or muscle of the fish (part that we eat).
- It can also build up in our tissues when we eat fish contaminated with mercury.
- The risk is only in eating the fish, which means you can still enjoy water activities like swimming, boating, and other recreational activities.
- Our risk from mercury depends on how much and how often we eat certain types of fish.
- Mercury in fish is an issue for the whole nation, not just South Carolina.

Health notes for adults:

- Too much consumption of fish with high levels of mercury may lead to heart disease in adults.
- Health effects of mercury in adults can usually be corrected if a person stops eating fish that contain high levels of mercury.
- If you are concerned about the amount of mercury in your body, see your doctor.

South Carolina's Fish Consumption Advisories are almost all due to mercury. To learn more about mercury, visit www.scdhec.gov/mercury

How Mercury Ends Up On Your Plate



Dots represent mercury.

Illustration by Erin Brodel Courtesy of NJ Department of Environmental Protection



What do I need to know about PCBs?

- PCB stands for polychlorinated biphenyls.
- Man-made compounds; banned in 1976.
- PCBs were often used as fluids for electrical transformers and products like cutting oils & carbonless copy paper.
- They remain a problem today because they do not break down easily in the environment.
- PCBs build up over time in the fatty parts of the fish.
- PCBs can also build up in our bodies.
- By cleaning or cooking fish to reduce fat, you can reduce the amount of PCBs you eat.
- See page 10 for tips on how to clean and cook fish to reduce PCBs.
- You should still follow the advice of this book even if you clean and cook the fish the right way.

What are the health effects of PCBs in my body?

If pregnant women eat fish containing PCBs, their babies may suffer from:

- Lower birth weight
- Smaller infant head size
- Premature births
- Developmental problems and learning disabilities

What do I need to know about radioisotopes?

- Radioisotopes are radioactive forms of an element.
- Occur naturally or can be man-made.
- Some fish found in the Savannah River may contain radioisotopes, cesium-137 and strontium-90.
- Levels of radioisotopes found in these fish in South Carolina are low and have decreased over time.
- If you follow the advice for the Savannah River, **the added health risk from these elements is very low.**

Smart Fishing Tip: Catch and Release

If you want to enjoy the fun of fishing, but don't want the health risks from eating contaminated fish, you should think about catch and release fishing. Catch and release still lets you have the experience of fishing without hurting the local fish population. When you catch and release, follow these simple guidelines:

- Release fish quickly-while still in the water, if possible. Be sure you have the necessary tools (needlenose pliers) nearby.
- When a hook gets caught deep inside a fish, do not tear out the hook. Instead, cut the leader or the line and leave the hook in the fish. This will increase the chance that the fish lives.
- Do not play the fish to exhaustion, particularly if water temperatures are very high.

For more information about catch and release, visit www.dnr.sc.gov or read the South Carolina Rules and Regulations for Fishing, Hunting, & Wildlife Management Areas available wherever fishing licenses are sold.

How can I reduce the health risks from contaminated fish?

You can reduce the health risks from any type of fish by following these tips:

- Do not eat more fish than the advisory recommends.
- Eat fish from lakes and rivers that do not have advisories.
- Eat smaller fish and smaller amounts of fish.
- Eat different types of fish instead of just one type.
- Clean and cook your fish the right way (only helps reduce PCBs).
- Enjoy fishing by catching and releasing the fish instead of eating them.



What do I need to know about shellfish in South Carolina to stay safe?

- DHEC regularly tests the salt waters containing shellfish beds for bacteria.
- If health standards are not met, or if conditions have changed to make the shellfish unsafe, DHEC will close the shellfish bed.
- A closed shellfish bed means that it is unsafe to eat and illegal to collect the shellfish in that area.
- Testing ensures that the oysters, clams, and mussels you collect and eat in South Carolina salt waters are safe.

Need More Info?

- For more information on DHEC's Shellfish program, visit www.scdhec.gov/shellfish.
- For shellfish closure updates, call 1-800-285-1618.

What about fish that I buy instead of catch?

- The U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) have issued a national mercury advisory for fish that you buy.
- The advisory includes fresh, frozen, and canned fish that you buy at a store or restaurant.
- EPA and FDA advice for women in the at-risk group:
 - ✦ Do not eat Shark, Swordfish, King Mackerel, or Tilefish.
 - ✦ Eat up to 12 ounces (2 avg. meals) a week of a variety of fish and shellfish that are lower in mercury.
 - ✦ Check local advisories in your state for fish caught by your family and friends.
- Follow the same advice when feeding fish and shellfish to young children only serve them a smaller portion.



Need more info about store bought fish?

- Visit FDA's web site at: www.cfsan.fda.gov/~lrd/seafsaf.html
- Or call their toll-free information line at 1-888-SAFEFOOD
- Visit EPA's web site at: www.epa.gov/ost/fish

Does DHEC post signs on waterbodies with fish consumption advisories?

- **Yes**, DHEC does post signs on public boat landings that are access points to the waterbody under advisory.

What if a waterbody does not have a sign at the access point?

Here are reasons why there may not be a sign at the access point to a waterbody:

- There is no advisory
- The waterbody has not been tested
- The sign has been vandalized or damaged

Always refer to DHEC's Fish Consumption Advisory website (www.scdhec.gov/fish) or this booklet for the most accurate information on whether a waterbody is under advisory.

Where can I get more information about topics discussed in this booklet?

- For the S.C. Fish Consumption Advisory web site, go to www.scdhec.gov/fish
- You can also call DHEC's toll-free number at 1-888-849-7241
- To learn more about mercury, visit www.scdhec.gov/mercury
- For more information on fishing and S.C.'s Rules and Regulations for fishing & boating, visit DNR's web site at www.dnr.sc.gov
- Visit <http://dnr.sc.gov/aquaticed/> for information on a free fishing program for kids

Understanding the Advisories



How to find an advisory

- **Search by region**
 - ✦ The map of South Carolina is divided into four sections (page 11).
 - ✦ The waterbodies are listed in alphabetical order within each section.
 - ✦ Find your waterbody of interest and follow the consumption advice related to that species of fish.
- **Search by waterbody**
 - ✦ If you have a specific waterbody you are looking for, go to page 35 for a complete index of waterbodies.

Eating fish from waterbodies under advisory**

**See page 2 - additional advice for at-risk women and children

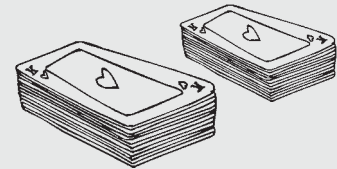
- **Portion sizes**
 - ✦ Advisories are based on 1 meal of fish
 - ✦ One meal of fish = ½ pound or 8 ounces (raw) of fish
 - ✦ 8 ounces of raw fish = about the size of 2 decks of playing cards
- **Spacing your consumption**

When eating fish from waterbodies under advisory, you should space out your meals based on the advice given.

 - ✦ **1 meal a week** = you may eat 8 ounces of fish once in that week
 - ✦ **1 meal a month** = you may eat 8 ounces of fish once in that month
 - ✦ **No Restrictions** = this means that you can eat that type of fish in that waterbody as often as you like

What does one meal of fish look like?

8 ounces of raw fish is about the size of two decks of cards.





- **Example**

- ✦ Blue catfish in the Edisto River have an advisory for one meal per month.
- ✦ So if you eat a meal of blue catfish from the Edisto River, you should not eat any more fish under a mercury advisory for the rest of that month.

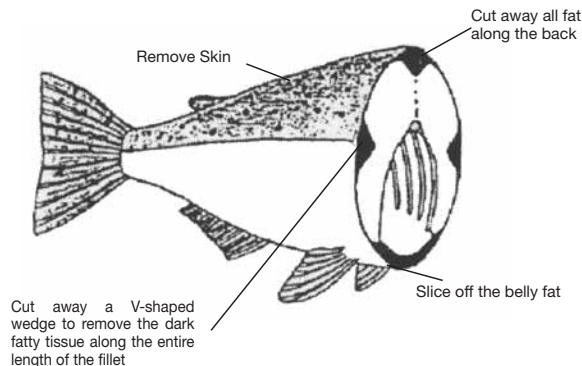
- **More clarification...**

- ✦ This includes: other fish from the Edisto River as well as anywhere else with an advisory.
- ✦ Bluegill and black crappie from the Edisto River, largemouth bass from Lake Jocassee, and bowfin (mudfish) in the Congaree all have advisories. To follow the advice correctly, you would not eat any of these fish in the same month that you ate the blue catfish from the Edisto River.

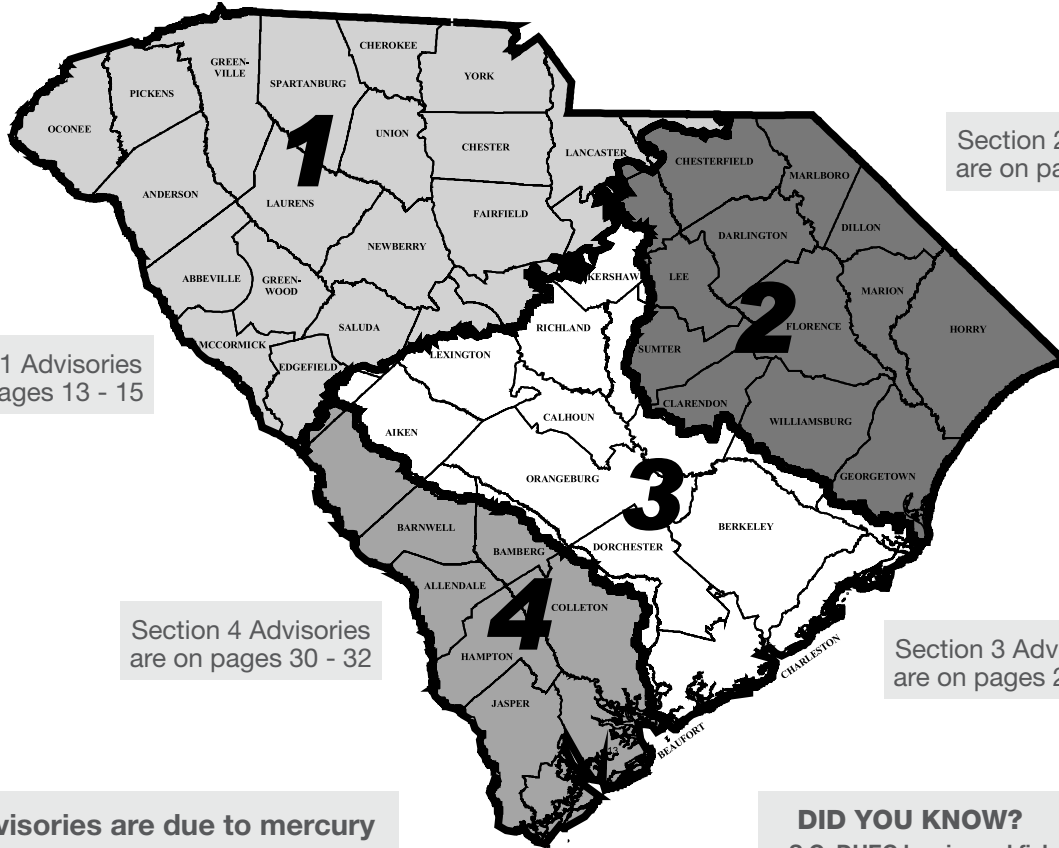
Cleaning and cooking fish to reduce PCBs

You can reduce your exposure to PCBs by the way you prepare the fish. PCBs are found in the fatty parts of fish. By cleaning or cooking fish to reduce fat, you can also reduce the amount of contaminants you eat.

- **Remove the head and all the guts.**
- **Remove the skin and trim all fat from the areas shown in the picture.**
- **Don't panfry or deep fry. Broil, bake, poach or boil your fish so the fatty juices drip away.**
- **Don't eat or use any of the cooking liquids.**



South Carolina Fish Consumption Advisories



Section 1 Advisories are on pages 13 - 15

Section 2 Advisories are on pages 17 - 20

Section 4 Advisories are on pages 30 - 32

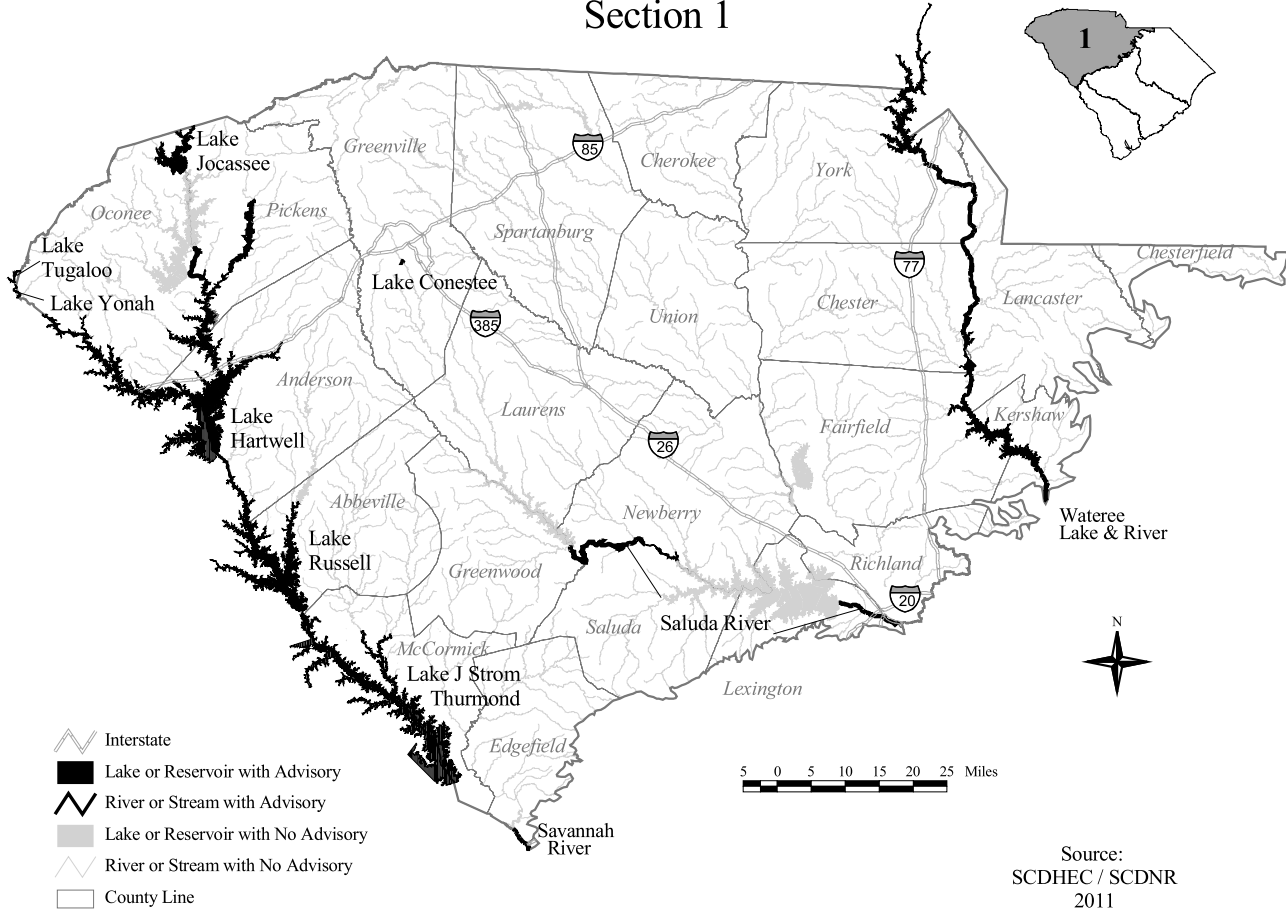
Section 3 Advisories are on pages 22 - 28

All advisories are due to mercury unless otherwise noted.

DID YOU KNOW?
S.C. DHEC has issued fish consumption advisories since 1976.



South Carolina Fish Consumption Advisories Section 1



Section 1: Waterbodies with Advisories

see page 2 - additional advice for at-risk women and children



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Catawba River	PCB Advisory Entire River	Largemouth Bass	1 meal a week
Cedar Creek Reservoir	PCB Advisory Entire Lake	Largemouth Bass	1 meal a month
Fishing Creek Reservoir	PCB Advisory Entire Lake	Largemouth Bass	1 meal a month
Lake Conestee	Impounded portions only (fish contain both mercury and chlordanes)	Largemouth Bass	DO NOT EAT ANY
		Redear Sunfish	DO NOT EAT ANY
Lake Hartwell PCB Advisory <i>See page 10 to learn how to cook and clean fish from Lake Hartwell.</i>	12 Mile Creek	All Species of Fish	DO NOT EAT ANY
	Seneca River Arm	All Species of Fish	DO NOT EAT ANY
	All remaining waters	Channel Catfish	1 meal a month
		Largemouth Bass	1 meal a month
		Hybrid Bass/Striped Bass	DO NOT EAT ANY
	State of Georgia advisory for Lake Hartwell (Tugaloo Arm) <i>For more information on GA fish advisories, call the GA Department of Natural Resources at (706) 369-6376.</i>	Black Crappie	No Restrictions
		Channel Catfish less than 16 inches	No Restrictions
		Channel Catfish over 16 inches	1 meal a month
		Largemouth Bass less than 16 inches	1 meal a week
		Largemouth Bass over 16 inches	1 meal a month
Hybrid/Striped Bass less than 12 inches		No Restrictions	
Lake Jocassee	Entire Lake	Hybrid/Striped Bass 12-16 inches	1 meal a month
		Hybrid/Striped Bass over 16 inches	DO NOT EAT ANY
		Bluegill	No Restrictions
		Brown Trout	No Restrictions
		Rainbow Trout	No Restrictions
		Redbreast Sunfish	No Restrictions
		Spotted Bass	1 meal a week
Smallmouth Bass	No Restrictions		
		Largemouth Bass	1 meal a week

How You Can Reduce PCBs when Consuming Contaminated Fish

- Eat leaner fish such as Yellow Perch, Sunfish, and Crappie.
- Follow the directions for properly cleaning and cooking fish (page 10).
- Eat smaller fish.

Yellow Perch



Bluegill (Sunfish)



Black Crappie



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Russell	Entire Lake	Largemouth Bass	1 meal a week
		Black Crappie	No Restrictions
		Redear Sunfish	No Restrictions
		Spotted Bass	1 meal a week
Lake J. Strom Thurmond (Clarks Hill Lake)	Entire Lake	Black Crappie	No Restrictions
		Redbreast Sunfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Redear Sunfish	No Restrictions
		Largemouth Bass	1 meal a week
		Chain Pickerel	No Restrictions
Lake Tugaloo	Entire Lake	Bluegill	No Restrictions
		Black Crappie	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		White Catfish	No Restrictions
		Yellow Perch	No Restrictions
		Largemouth Bass	1 meal a month
Lake Wateree	PCB Advisory Entire Lake	Largemouth Bass	1 meal a week
		Blue Catfish	1 meal a month
		Striped Bass	1 meal a month
		Black Crappie	No Restrictions
Lake Wylie	PCB Advisory Entire Lake	Largemouth Bass	1 meal a week
Lake Yonah	Entire Lake	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Largemouth Bass	1 meal a month
		Yellow Perch	No Restrictions
Saluda River (continued on next page)	From Lake Greenwood Dam to the Congaree River in Columbia, S.C. (does not include Lake Murray)	Black Crappie	No Restrictions
		Bluegill	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		White Bass	No Restrictions

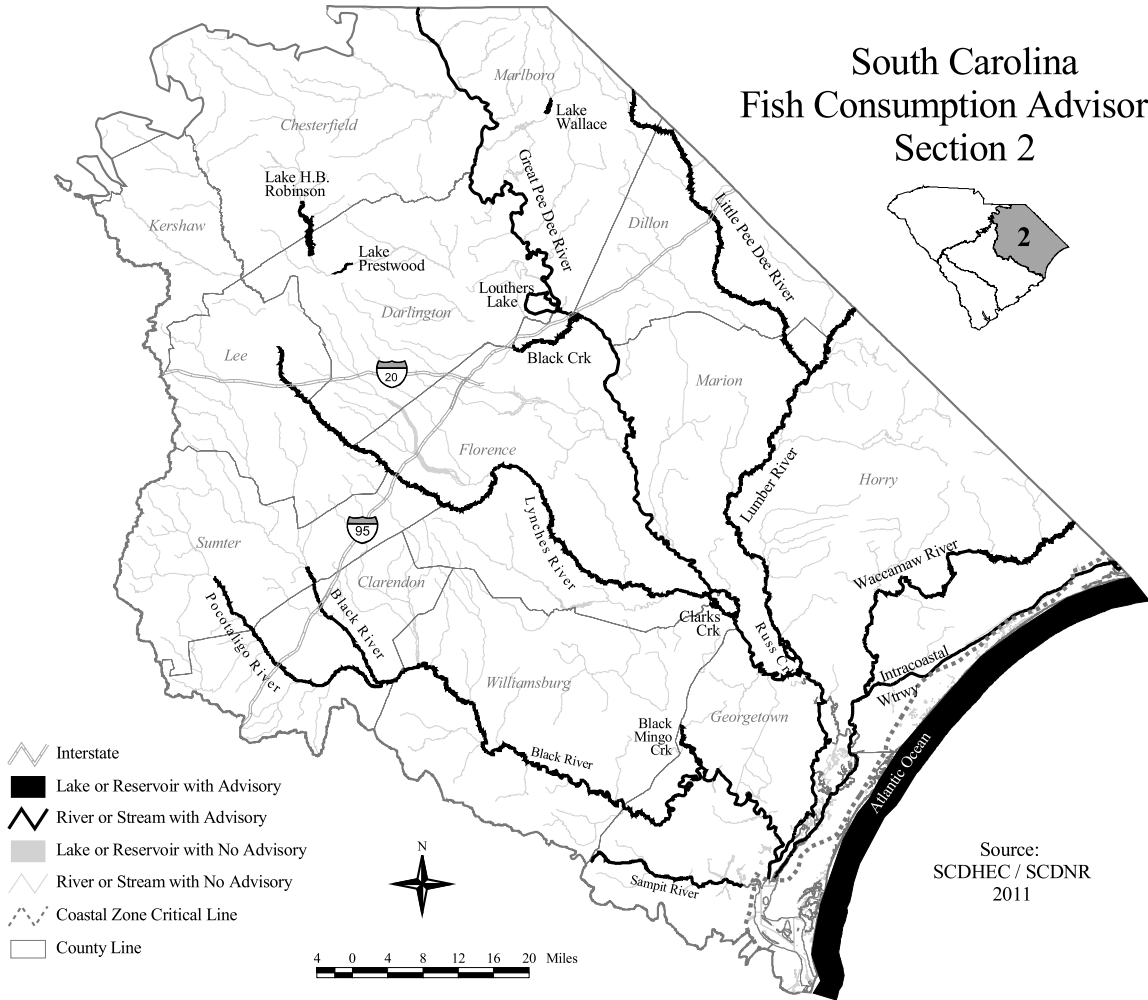
WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Saluda River <i>(continued)</i>	From Lake Greenwood Dam to the Congaree River in Columbia, S.C. (does not include Lake Murray)	Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Savannah River <i>Some data for the Savannah River was provided by the Georgia Department of Natural Resources.</i> <i>Some fish also contain cesium-137 and strontium-90. See page 6 to find out more.</i>	From Lake J. Strom Thurmond to Stevens Creek	All Species of Fish	No Restrictions
	From Stevens Creek in Edgefield County to S.C. Hwy. 119 in Jasper County	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
	Spotted Sucker	1 meal a week	
		Largemouth Bass	1 meal a month
	Bowfin (Mudfish)	DO NOT EAT ANY	
Wateree River	Entire River (Downstream of Lake Wateree to the Congaree River)	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Flathead Catfish	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
		White Perch	No Restrictions
	Bowfin (Mudfish)	1 meal a week	

NO ADVISORIES (eat as many fish as you'd like from the following waterbodies)

- Broad River
- Broadway Lake
- Lake Blalock
- Lake Bowen
- Lake Cooley
- Lake Cunningham
- Lake Greenwood
- Lake J.A. Robinson
(Greenville County)
- Lake Keowee
- Lake Monticello
- Lake Monticello Sub-Impoundment
- Lake Murray
- Lake Rabon
- Lake Secession
- Little River
- Middle Tyger River
- North Tyger River
- Parr Reservoir



South Carolina Fish Consumption Advisories Section 2



Section 2: Waterbodies with Advisories



see page 2 - additional advice for at-risk women and children

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Atlantic Ocean	Atlantic Ocean off the S.C. Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
		Cobia	1 meal a month
Black Creek	Entire Creek (Florence County)	Bluegill	No Restrictions
		Redbreast Sunfish	No Restrictions
		Channel Catfish	1 meal a week
		Redear Sunfish	1 meal a week
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	1 meal a month
Black Mingo Creek	Entire Creek (Georgetown County)	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Black River	Entire River	Black Crappie	1 meal a week
		Blue Catfish	1 meal a week
		Bluegill	1 meal a week
		Chain Pickerel	1 meal a month
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Warmouth	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
Bowfin (Mudfish)	1 meal a month		
Clarks Creek	Williamsburg County	All Species of Fish	1 meal a month

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Great Pee Dee River	Entire River in S.C.	Black Crappie	No Restrictions
		Blue Catfish	1 meal a week
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Redear Sunfish	1 meal a week
	From N.C./S.C. Border to I-95 in Dillon County, S.C.	Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a week
	From I-95 to Winyah Bay	Largemouth Bass	1 meal a week
Bowfin (Mudfish)		1 meal a month	
Intracoastal Waterway	Horry County	Largemouth Bass	1 meal a month
		Bluegill	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Lake H.B. Robinson	Entire Lake	Bluegill	1 meal a week
		Redear Sunfish	No Restrictions
		Warmouth	1 meal a week
		Chain Pickerel	1 meal a week
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Lake Prestwood	Entire Lake	Largemouth Bass	1 meal a week
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	No Restrictions
Lake Wallace	Diversion Lake	Largemouth Bass	1 meal per month
		Bowfin (Mudfish)	DO NOT EAT ANY
	Fishing Lake	Channel Catfish	No Restrictions
		Largemouth Bass	1 meal per week
Little Pee Dee River	From N.C./S.C. State Line to the Great Pee Dee River	All Other Fish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Blue Catfish	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
	Largemouth Bass	DO NOT EAT ANY	

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Louthers Lake	Entire Lake	Bluegill	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Lumber River	From N.C./S.C. State Line to the Little Pee Dee River	Bluegill	1 meal a month
		Chain Pickerel	1 meal a week
		Channel Catfish	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Lynches River	From U.S. Hwy. 15 to the Great Pee Dee River	Bluegill	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	1 meal a week
		Largemouth Bass	1 meal a month
		Chain Pickerel	1 meal a month
		Channel Catfish	DO NOT EAT ANY
		Bowfin (Mudfish)	DO NOT EAT ANY
Pocotaligo River	Entire River (From Sumter to the Black River)	All Other Fish	1 meal a week
		Chain Pickerel	DO NOT EAT ANY
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Russ Creek	Marion County	Redear Sunfish	1 meal a week
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Sampit River	Georgetown County	Black Crappie	No Restrictions
		Mullet	No Restrictions
		Bluegill Sunfish	No Restrictions
		Pumpkinseed Sunfish	No Restrictions
		White Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a month
Largemouth Bass	1 meal a week		

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Waccamaw River	From the N.C./S.C. State Line to Hwy 17	Black Crappie	1 meal a week
		Blue Catfish	1 meal a week
		Bluegill	1 meal a week
		Channel Catfish	1 meal a week
		Redear Sunfish	1 meal a week
		Warmouth	1 meal a week
		Chain Pickerel	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Largemouth Bass	DO NOT EAT ANY		

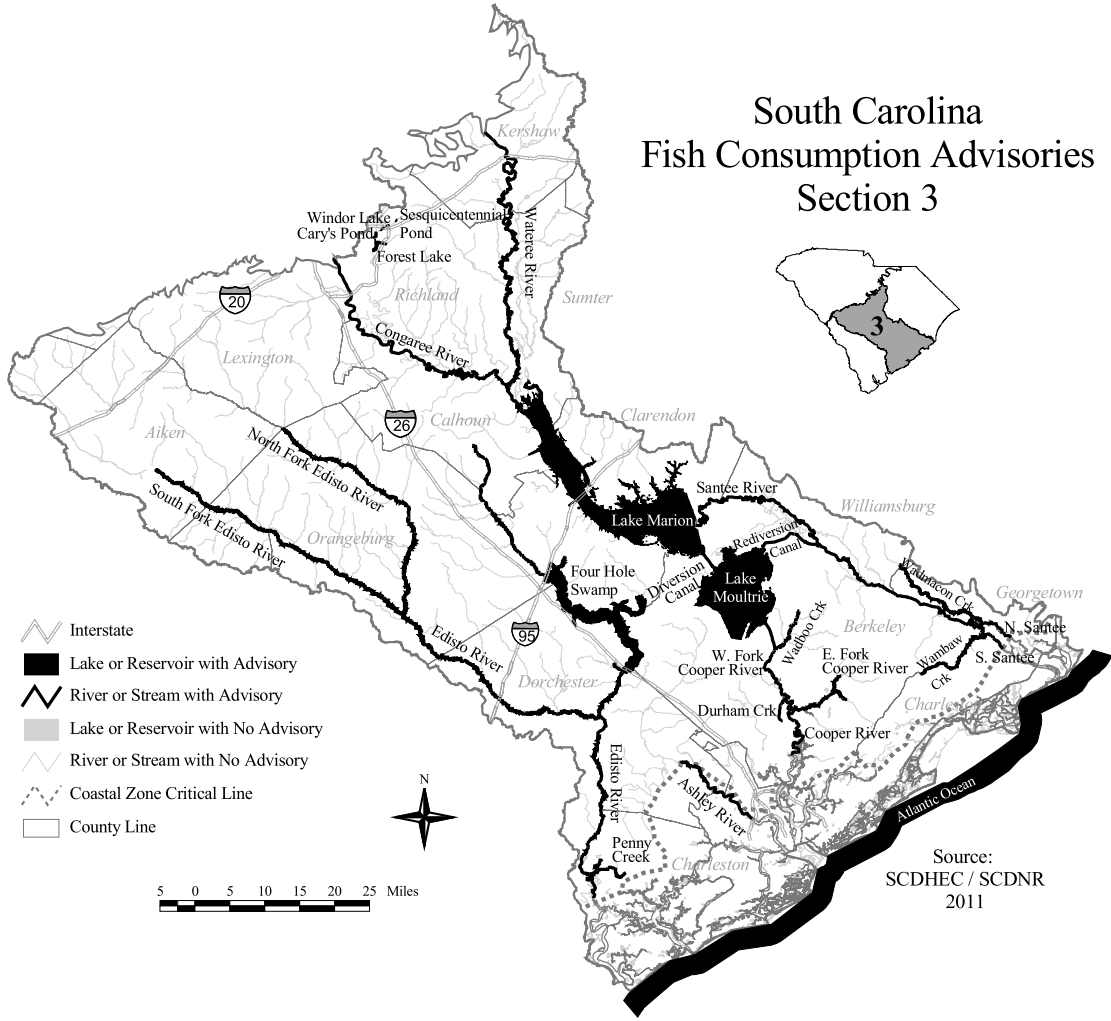
NO ADVISORIES for Winyah Bay (eat as many fish as you'd like from this waterbody)
☛ Dolphin (Mahi Mahi) and Spanish Mackerel are safe to eat anywhere along S.C.'s coast. ☚

To identify the different types of fish in South Carolina, go to pages 33 and 34.

Species with higher amounts of Mercury	Species with lower amounts of Mercury
Bowfin (Mudfish)	Canned light tuna
Catfish	Shrimp
Largemouth Bass	Salmon
Warmouth	Dolphin (Mahi-mahi)
Shark	Flounder
King Mackerel	Speckled trout (spotted sea trout)
Swordfish	Oysters
Tilefish	Lobster



South Carolina Fish Consumption Advisories Section 3



Section 3: Waterbodies with Advisories



see page 2 - additional advice for at-risk women and children

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Ashley River	From State Rd. 165 to Hwy 526	Bluegill	1 meal a week
		Blue Catfish	1 meal a week
		Black Crappie	1 meal a week
		Channel Catfish	No Restrictions
		Redear Sunfish	No Restrictions
		Redbreast Sunfish	1 meal a week
		Largemouth Bass	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
Atlantic Ocean	Atlantic Ocean off the S.C. Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
Cary's Lake	Entire Lake	Largemouth Bass	1 meal a week
Congaree River	From Columbia to the Santee River	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
Bowfin (Mudfish)	1 meal a week		

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Cooper River	East Fork Cooper River Quinby Creek to the "T"	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Spotted Sunfish	No Restrictions
		Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Chain Pickerel	1 meal a week
	West Fork Cooper River From Lake Moultrie Dam to the "T"	Largemouth Bass	1 meal a week
		Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	No Restrictions
		Redear Sunfish	No Restrictions
	The "T" to Bushy Park	Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a week
		Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
Largemouth Bass		No Restrictions	
Downstream of Bushy Park	Redear Sunfish	No Restrictions	
	Warmouth	No Restrictions	
	Bowfin (Mudfish)	1 meal a month	
	Red Drum	No Restrictions	
		Spotted Sea Trout	No Restrictions
		Southern Flounder	No Restrictions
		Striped Mullet	No Restrictions

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Durham Creek	Entire Creek (Berkeley County)	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
Edisto River	Entire River to Willtown Bluff	Black Crappie	1 meal a week
		Blue Catfish	1 meal a month
		Bluegill	1 meal a week
		Channel Catfish	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
Largemouth Bass	DO NOT EAT ANY		
Forest Lake	Entire Lake	Largemouth Bass	1 meal a week
		Black Crappie	No Restrictions
		Bluegill Sunfish	No Restrictions
Four Hole Swamp	Entire Swamp	Bluegill	1 meal a week
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Warmouth	1 meal a week
		Chain Pickerel	DO NOT EAT ANY
Largemouth Bass	DO NOT EAT ANY		

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Marion	Entire Lake	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
Bowfin (Mudfish)	1 meal a week		
Diversion Canal (Santee Cooper Lakes)	Entire Canal	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
Bowfin (Mudfish)	1 meal a week		
Rediversion Canal (Santee Cooper Lakes)	Entire Canal	Black Crappie	No Restrictions
		Channel Catfish	No Restrictions
		Blue Catfish	1 meal a week
		Bluegill	No Restrictions
		Largemouth Bass	1 meal a week
Bowfin (Mudfish)	1 meal a week		
Lake Moultrie (continued on next page)	Entire Lake	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
Redear Sunfish	No Restrictions		

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Moultrie (continued from previous page)	Entire Lake	Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Chain Pickerel	No Restrictions
		Bowfin (Mudfish)	1 meal a week
North Fork Edisto River	Orangeburg County	Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Chain Pickerel	1 meal a month
		Striped Bass	1 meal a week
		Largemouth Bass	1 meal a month
		Warmouth	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
North Santee River	From the Santee River to U.S. Hwy. 17/701 Bridge	Black Crappie	1 meal a week
		Bluegill	No Restrictions
		Red Drum	No Restrictions
		Striped Mullet	No Restrictions
		Chain Pickerel	1 meal a week
		Blue Catfish	1 meal a week
		Flathead Catfish	1 meal a week
		Largemouth Bass	1 meal a week
Penny Creek	Charleston County	Bowfin (Mudfish)	DO NOT EAT ANY
		Striped Bass	1 meal a month
Santee River	From Lake Marion to the South Santee River	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Striped Mullet	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Largemouth Bass	1 meal a month		

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Sesquicentennial State Park	Entire Lake	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Black Crappie	1 meal a month
		Chain Pickerel	1 meal a month
		Largemouth Bass	DO NOT EAT ANY
South Fork Edisto River	From Aiken State Park to Edisto River	Chain Pickerel	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
South Santee River	From the Santee River to U.S. Hwy. 17/701 Bridge	Bowfin (Mudfish)	DO NOT EAT ANY
		Blue Catfish	1 meal a week
		Flathead Catfish	DO NOT EAT ANY
		Largemouth Bass	1 meal a week
Wadboo Creek	Berkeley County to Hwy 17	Bowfin (Mudfish)	DO NOT EAT ANY
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	1 meal a week
		Redear Sunfish	No Restrictions
Wadmacon Creek	Georgetown County	Bowfin (Mudfish)	1 meal a week
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Largemouth Bass	1 meal a week
Wambaw Creek	Charleston County	Largemouth Bass	1 meal a week
		Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Bowfin (Mudfish)	1 meal a week

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Wateree River	Entire River (Downstream of Lake Wateree to the Congaree River)	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Flathead Catfish	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
		White Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Windsor Lake	Entire Lake	Largemouth Bass	1 meal a week

NO ADVISORIES (eat as many fish as you'd like from the following waterbodies)

- Cape Romain
- Muddy Bay
- Ashley River (downstream of U.S. Hwy 17)
- Edisto River (downstream of U.S. Hwy 17)
- Back River Reservoir
- Charleston Harbor
- Lower Wando River
- Goose Creek Reservoir

 **Dolphin (Mahi Mahi) and Spanish Mackerel** are safe to eat anywhere along S.C.'s coast. 

PCBs	MERCURY
<p>Stored in the fat</p> <p>PCBs remain in the body for long periods of time--may take several years to be fully removed from the body</p>	<p>Stored in the muscle</p> <p>May take up to a year to be completely removed from the body assuming no more mercury is being ingested.</p>
<p>Trimming the fat off the fish can reduce the amount of PCBs by 50%</p>	<p>Trimming the fat will not reduce the amount of mercury since it is found in the protein (meat) of the fish.</p>
<p>It's better to boil, bake, or grill. Broiling and frying is not the best way to reduce PCBs.</p>	<p>Cooking methods will not remove mercury contaminants.</p>
<p>Larger fish have greater amount of PCBs in them due to age and diet.</p>	<p>Larger fish have greater amounts of mercury in them due to age and diet.</p>



South Carolina Fish Consumption Advisories Section 4



Source:
SCDHEC / SCDNR
2011

Section 4: Waterbodies with Advisories



see page 2 - additional advice for at-risk women and children

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Ashepoo River	From Walterboro to U.S. Hwy. 17	Bluegill	No Restrictions
		Black Crappie	No Restrictions
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Atlantic Ocean	Atlantic Ocean off the S.C. Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
Chessey Creek	Colleton County	Bowfin (Mudfish)	No Restrictions
		Largemouth Bass	1 meal a week
Combahee River	Salkehatchie River to U.S. Hwy. 17	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	1 meal a week
		Redbreast Sunfish	No Restrictions
		White Catfish	No Restrictions
		Largemouth Bass	DO NOT EAT ANY
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
Coosawhatchie River	Jasper County	All Other Fish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
		Warmouth	DO NOT EAT ANY

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Cuckolds Creek	Colleton County	Bluegill	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	No Restrictions
Flat Rock Pond	Entire Pond	Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Warmouth	1 meal a week
Horseshoe Creek	Colleton County	Bowfin (Mudfish)	1 meal a week
		Redear Sunfish	1 meal a week
		Bluegill	No Restrictions
		Black Crappie	No Restrictions
		Largemouth Bass	1 meal a week
Langley Pond	Entire Pond *High levels of PCBs have also been found in Largemouth Bass	All Other Fish	1 meal a week
		Black Crappie	1 meal a month
		Chain Pickerel	1 meal a month
		Channel Catfish	DO NOT EAT ANY
		Largemouth Bass *	DO NOT EAT ANY
Little Salkehatchie River	Entire River	All Other Fish	1 meal a week
		Chain Pickerel	1 meal a month
		Warmouth	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
New River	Jasper County to Cook Landing	Largemouth Bass	DO NOT EAT ANY
		Black Crappie	1 meal a week
		Chain Pickerel	1 meal a week
		Redbreast Sunfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	DO NOT EAT ANY
Salkehatchie River	From U.S. Hwy. 301 to Combahee River	Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	1 meal a month
		Warmouth	1 meal a week
		Redbreast Sunfish	1 meal a week
		Largemouth Bass	1 meal a month

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
<p>Savannah River</p> <p><i>Some data for the Savannah River was provided by the Georgia Department of Natural Resources.</i></p> <p><i>Some fish also contain cesium-137 and strontium-90. See page 6 to find out more.</i></p>	<p>From Stevens Creek in Edgefield County to S.C. Hwy. 119 in Jasper County</p>	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Largemouth Bass	1 meal a month
		Spotted Sucker	1 meal a week
	<p>From S.C. Hwy. 119 in Jasper County to U.S. Hwy. 17</p>	Bowfin (Mudfish)	DO NOT EAT ANY
		Black Crappie	1 meal a week
		Bluegill	1 meal a week
		Channel Catfish	1 meal a week
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		White Catfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
	<p>Downstream of U.S. Hwy. 17</p>	Bowfin (Mudfish)	DO NOT EAT ANY
		Red Drum	No Restrictions
Channel Catfish		1 meal a week	
Largemouth Bass		1 meal a week	
White Catfish		1 meal a week	
<p>Vaucluse Pond</p>	<p>Entire Pond</p>	Bluegill	No Restrictions
		Chain Pickerel	1 meal a month
		Warmouth	1 meal a week
		Yellow Perch	1 meal a week
		Redear Sunfish	No Restrictions
		Largemouth Bass	DO NOT EAT ANY

NO ADVISORIES (eat as many fish as you'd like from the following waterbodies)

- Combahee River (downstream of U.S. Hwy 17)
- Port Royal Sound

 **Dolphin (Mahi Mahi) and Spanish Mackerel** are safe to eat anywhere along S.C.'s coast. 

Identifying Common South Carolina Fish



Fishing is a great way to relax and spend time with family and friends. If you plan to keep what you catch, make sure you can positively identify your fish. This not only helps make sure it meets size and catch regulations, it can also keep you healthy. Use these images to help positively identify your catch.



Black Crappie



Bowfin
(Mudfish)



Channel Catfish



King Mackerel



Blue Catfish



Brown Trout



Flathead Catfish



Largemouth Bass



Bluegill



Chain Pickerel
(Jack Fish)



Hybrid Bass



Mullet



Smallmouth Bass



White Bass



Cobia



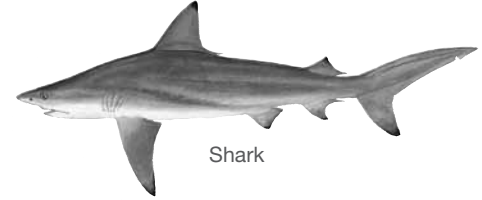
Spotted Bass



Swordfish



Striped Bass
(Striper)



Shark



Redbreast Sunfish



Rainbow Trout



Southern Flounder



Pumpkinseed
Sunfish



Red Drum



Spotted Sea trout



Warmouth



White Catfish



Redear Sunfish
(Shell Cracker)



Spotted Sucker

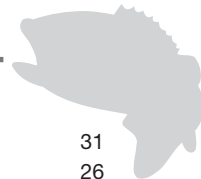


White Perch



Yellow Perch

Index of Listed Waterbodies



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Goose Creek Reservoir	28	Louthers Lake	19		
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For More Information:



South Carolina Fish Consumption Advisories and Information

South Carolina Department of Health
and Environmental Control
2600 Bull Street
Columbia, S.C. 29201
1-888-849-7241 (toll-free)
www.scdhec.gov/fish

South Carolina Fishing and Boating Rules and Regulations

South Carolina Department of Natural Resources
P.O. Box 167
Columbia, S.C. 29202
(803) 734-3886
www.dnr.sc.gov

National Fish Consumption Advisories

Food and Drug Administration &
Environmental Protection Agency
1-888-SAFE-FOOD (toll-free)
www.cfsan.fda.gov/seafood1.html
www.epa.gov/ost/fish

Georgia Fish Consumption Advisories

Georgia Department of Natural Resources
2 Martin Luther King, Jr. Drive, S.E., Suite 1152
Atlanta, GA 30334-9000
(706) 369-6376
www.gadnr.org

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or order online at www.scdhec.gov/fish.

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Fish Advisory Hotline
1-888-849-7241 (toll-free)

Fish Advisory Web site
www.scdhec.gov/fish



DNR



South Carolina Department of Health and Environmental Control

We promote and protect the health of the public and the environment.

www.scdhec.gov

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