



STATE OF MICHIGAN
DEPARTMENT OF HEALTH AND HUMAN SERVICES
LANSING

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Memo

To: Health Officers, Medical Directors, Environmental Health Directors – Genesee County Health Department; Lapeer County Health Department; and Saginaw County Department of Public Health

From: Kory Groetsch, Environmental Public Health Director, Division of Environmental Health, Michigan Department of Health and Human Services

Subject: Updated Eat Safe Fish guidelines for the Flint River in Genesee, Lapeer, and Saginaw Counties

Date: March 29, 2018

Although Flint River fish consumption guidelines have been in place since 1993 for mercury and PCBs, PFOS was first included for fish in 2015 in the Flint River. Additional fish were collected from the Flint River in 2016 and analyzed in 2017 resulting in updated guidance.

The Eat Safe Fish guidelines are set to be protective for everyone including children and pregnant and breastfeeding women. They are also set to be protective for people with existing health problems such as cancer or diabetes. Eat Safe Fish guidelines are provided as MI Servings. One MI Serving for adults is 6-8 ounces of fish (about the size of an adult's hand). For children, one MI Serving is 2-4 ounces of fish (about the size of an adult's palm).

The *Limited* MI Serving category is a special guideline used to describe fish that should only be eaten once or twice per year, at most, due to higher levels of chemicals. However, people who are under the age of 15; have health problems, such as cancer or diabetes; are planning on having children in the next several years; or are breastfeeding, should avoid eating all fish listed as *Limited*. The ^{2x} indicates the number of MI Servings can be doubled when fat is cleaned away and fish is cooked so more fat can drip away.

Below are the current fish guidelines for the Flint River in Genesee, Lapeer, and Saginaw Counties. For all other fish taken from the river, residents can follow the [Statewide Eat Safe Fish Guidelines](#).

Genesee County**Flint River (downstream of Mott Dam)**

Type of Fish	Chemicals causing MI Serving Guideline	Size of Fish (length in inches)	MI Servings per Month
Carp	PCBs	Any	<i>Limited</i>
Largemouth Bass	PFOS	Any	6 per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 per Year

Genesee County**Flint River (upstream of Mott Dam, including the Mott and Holloway Reservoirs)**

Type of Fish	Chemicals causing MI Serving Guideline	Size of Fish (length in inches)	MI Servings per Month
Black Crappie	Mercury	Any	4
Carp	PFOS	Any	2
Catfish	Mercury	Any	4
Largemouth Bass	PFOS	Any	6 per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 per Year
Walleye	PFOS	Any	1
White Crappie	Mercury	Any	4

Lapeer County**Flint River (upstream of Mott Dam, including the Mott and Holloway Reservoirs and North and South Branches of the Flint River)**

Type of Fish	Chemicals causing MI Serving Guideline	Size of Fish (length in inches)	MI Servings per Month
Black Crappie	Mercury	Any	4
Carp	PFOS	Any	2
Catfish	Mercury	Any	4
Largemouth Bass	PFOS	Any	6 per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 per Year
Walleye	PFOS	Any	1
White Crappie	Mercury	Any	4

**Saginaw County
Flint River (downstream of Mott Dam)**

Type of Fish	Chemicals causing MI Serving Guideline	Size of Fish (length in inches)	MI Servings per Month
Carp	PCBs	Any	<i>Limited</i>
Largemouth Bass	PFOS	Any	6 per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 per Year

The MDHHS updates its Eat Safe Fish Guides annually in the spring. For current guidelines relating to PFAS contamination in fish, visit www.michigan.gov/pfasresponse. For more information about the Eat Safe Fish guidelines, visit www.michigan.gov/eatsafefish.