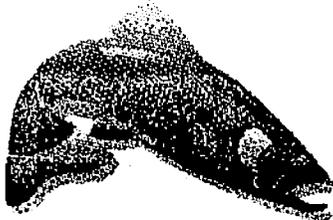
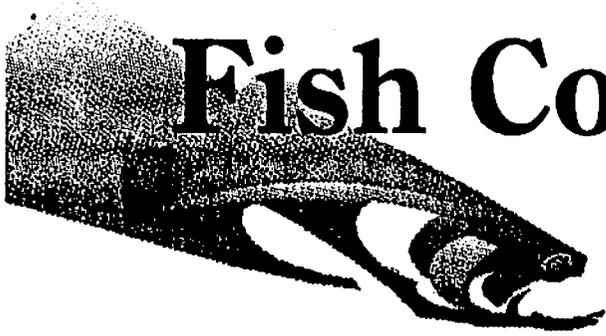


# Fish Consumption Advisory for the Raritan Bay Complex



Environmental Health Services



Edison Township  
Department of Health and Human Services

**Certain fish and crabs in the tidal portions of the Raritan Bay Complex, including the Raritan River, may be unsafe to eat. This brochure explains:**

- *why these fish may be unsafe;*
- *how much of these fish you can eat safely;*
- *what you can do to remove the most unhealthful parts of the fish.*

### **Why are the fish unsafe?**

**Fish and crabs in the Raritan Bay Complex may be contaminated with chemicals called PCBs and dioxins. These chemicals that are contaminating the fish and crabs were washed into the water from several contaminated former industrial sites and landfills in the area.**

**The PCBs and dioxins are taken in by fish and crabs. The chemicals stay in these animals. As larger fish eat smaller fish, more PCBs can enter larger fish. People who eat these fish can eat enough PCBs to harm their health. PCBs and dioxins are believed to cause cancer. They might also harm developing fetuses and young children.**

### **Can I eat any fish from the Raritan Bay Complex?**

**Some fish and crabs are known to be contaminated. The fish are striped bass, bluefish heavier than 6 pounds, white perch, white catfish, and the American eel. You should not eat these kinds of fish if you are:**

- *pregnant*
- *a nursing mother*
- *a woman of child-bearing age*
- *a child under the age of 15 years.*

People in these groups are more easily harmed by PCBs and dioxins than other people and should not eat any of these fish at all.

Other people should not eat more than one meal of these kinds of fish from these waters in a week.

You can eat blue crabs, but you should remove the green gland, as described in the next section.

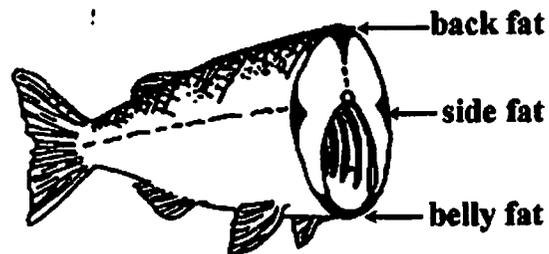
### **How can I make fish and crabs safer to eat?**

If you are not in one of the special groups named above, you can remove some of the PCBs in fish (such as bluefish or striped bass) by proper cleaning, trimming and cooking.

## **FISH**

Before cooking:

- **Remove and do not eat the head, organs, and skin. Do not use these for any eating purposes.**
- **Trim off and throw out the skin and fatty parts shown on the drawing. These include the fat along the belly, the sides and the top of the back.**

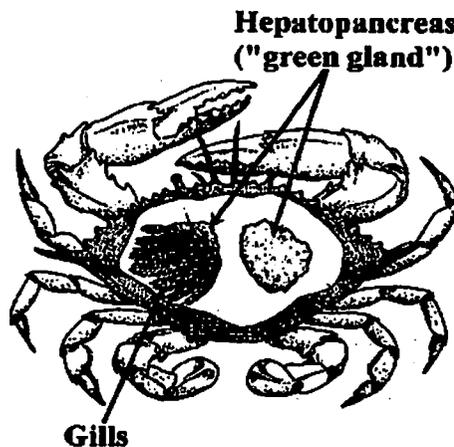


**Cut out and throw away this fat.**

- **Bake or broil** the fish so that more fat drips off the fish. If you poach fish, throw out the broth. Try not to fry the fish, but if you do, don't bread or batter the fish. Also, throw out the used oil.
- **Eat smaller fish** (that are legal size) instead of larger fish.

### **CRABS**

- **Remove the green gland** (also called the hepatopancreas or the tomalley) before cooking. Throw it away.
- **Throw out the water** after cooking.



### **Where can I get more information?**

For information on the health effects of PCBs or contaminated waterways in your area, call the **Edison Department of Health** at (908) 248-7273

or

**The New Jersey Department of Health Consumer Health Services** at (609) 588-3123

This brochure is supported in whole by funds from the Comprehensive Environmental Response, Compensation and Liability Act trust fund through a cooperative agreement with the Agency for Toxic Substances and Disease Registry, Public Health Service, U.S. Department of Health and Human Services.