

FISH CONSUMPTION GUIDELINES DUE TO MERCURY CONTAMINATION

NEW MEXICO DEPARTMENT OF HEALTH NEW MEXICO ENVIRONMENT DEPARTMENT NEW MEXICO DEPARTMENT OF GAME AND FISH

Because mercury has been found in some fish at concentrations which could lead to significant adverse human health effects, the following guidelines have been prepared. These guidelines allow those who fish and their families to make an informed decision as to what fish they can safely eat. While the occasional consumer of fish from these waters is at little risk if they are otherwise in good health, ingestion of mercury at levels found in some of these fish over a long period of time could result in health problems such as kidney disease and/or eye, respiratory tract, nervous system or

brain damage.

These are only guidelines, there are currently no legal restrictions due to mercury on catching or eating fish from the State's lakes or streams. There is no health risk related to mercury from activities such as camping, swimming or boating in these waters. Handling caught fish will not expose the fisherman to elevated levels of this contaminant. The State continues to recommend fishing and camping at these waters as enjoyable forms of recreation. In addition, the State continues to encourage including non-contaminated fish as an important part of

a healthy diet.

Table 20 below shows those fish species which have been tested and groups them into one of four classes based on size. After catching a fish, measure it from the tip of its nose to the end of the tail. Then compare its length with the chart below to determine if it is safe for you or your family to eat. Fish which are at the dividing line between groups should be considered to be in the higher (more restrictive) group. In Table 20, "L.T." means "less than" while "G.T." means "greater than."

Group 1 Fish: Pregnant women should eat no more than one meal a month of fish of this size. No other restrictions apply.

Group 2 Fish: Fish of this size should not be eaten by pregnant or breast-feeding women, women who plan to have children, or anyone under eighteen years of age. Everyone else should eat no more than twenty-six meals

of these fish in a year and no more than thirteen of the twenty-six meals should be consumed in one month. The remaining meals should be evenly spaced over the remainder of the year.

Group 3 Fish: Fish of this size should not be eaten by pregnant or breast-feeding women, women who plan to have children, or anyone under

eighteen years of age. Everyone else should eat no more than thirteen meals of these fish per year with no more than seven of the thirteen meals in any single month. The remaining meals should be evenly spaced over the remainder of the year.

Group 4 Fish: Fish of this size should not be eaten by anyone.

Waters which are not listed have not yet been tested. Fish species which are not listed have not been tested. These guidelines are for mercury contamination only. In the absence of specific information, use guidelines from the nearest lake. If the fish you catch is not

listed herein use the guidelines for the most similar fish species.

If there are any questions on these guidelines please call the Surface Water Quality Bureau of the New Mexico Environment Department at 827-0187. If you have questions on medical concerns

related to mercury ingestion please call the Office of Epidemiology of the New Mexico Health Department at 827-0006. Questions on fishing opportunities or regulations should be addressed to the New Mexico Department of Game and Fish at 827-7905.

Table 22: Fish Consumption Guidelines Due to Mercury Contamination.

**Amended Guidelines for Abiquiu Reservoir
Amended March 1993, First Issued December 1991**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Kokanee Salmon	L.T. ^a 18 in.	Unknown	Unknown	Unknown
River Carpsucker	L.T. ^a 19 in.	Unknown	Unknown	Unknown
Brown Trout	L.T. ^a 14 in.	Unknown	Unknown	Unknown
White Crappie		L.T. ^a 8 in.	Unknown	Unknown
Channel Catfish		L.T. ^a 12 in.	12 - 16 in.	G.T. ^b 16 in.
Carp	L.T. ^a 17 in.	17 - 23 in.	23 - 29 in.	G.T. ^b 29 in.

**Guidelines for Avalon Lake
Issued March 1993**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Channel Catfish	L.T. ^a 19 in.	Unknown	Unknown	Unknown

**Guidelines for Bear Canyon Reservoir
Issued March 1993**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Channel Catfish	L.T. ^a 14 in.	Unknown	Unknown	Unknown
Largemouth Bass	L.T. ^a 14 in.	14 - 16.5 in.	16.5-18.5 in.	G.T. ^b 18.5 in.
White Crappie and Bluegill	L.T. ^a 7 in.	7 - 8 in.	8 - 9 in.	G.T. ^b 9 in.

**Guidelines for Carlsbad Municipal Lake
Issued March 1993**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Largemouth Bass	L.T. ^a 17 in.	17 - 20.5 in.	20.5 - 24 in.	G.T. ^b 24 in.

**Amended Guidelines for Charette Lakes
Amended March 1993, First Issued September 1991**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Yellow Perch		L.T. ^a 10 in.	10 - 13 in.	G.T. 13 in.
Black Bullhead		L.T. ^a 10 in.	G.T. ^b 10 in.	Unknown
White Sucker	L.T. ^a 21 in.			
Rainbow Trout	~ NO RESTRICTIONS ~			

**Guidelines for Eagle Nest Lake
Issued March 1993**

<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Cutthroat Trout	~ NO RESTRICTIONS ~			
Kokanee Salmon	~ NO RESTRICTIONS ~			
Rainbow Trout	L.T. ^a 22 in.	Unknown		
White Sucker	L.T. ^a 14 in.	Unknown		
Longnose Dace	L.T. ^a 8.5 in.	8.5 - 9.5 in.	Unknown	

^a L.T. = Less Than

^bG.T. = Greater Than

Table 22: Fish Consumption Guidelines Due to Mercury Contamination, continued.

Amended Guidelines for El Vado Reservoir				
Amended March 1993, First Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Rainbow Trout	~ NO RESTRICTIONS ~			
Brown Trout	L.T. ^a 18 in.	Unknown	Unknown	Unknown
Kokanee Salmon	L.T. ^a 15 in.	Unknown	Unknown	Unknown
White Sucker	L.T. ^a 15 in.	15 - 17.5 in.	17.5 - 20 in.	G.T. ^b 20 in.

Amended Guidelines for Heron Reservoir				
Amended March 1993, First Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Kokanee Salmon	L.T. ^a 16 in.	Unknown		
Lake Trout	L.T. ^a 28 in.	Unknown	Unknown	Unknown
White Sucker	L.T. ^a 14.5 in.	14.5 - 16 in.	16 - 17.5 in.	G.T. ^b 17.5 in.

Guidelines for Lake Maloya				
Issued March 1993				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Rainbow Trout	~ NO RESTRICTIONS ~			
White Sucker	L.T. ^a 17 in.	Unknown		

Guidelines for McAllister Lake				
Issued March 1993				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Rainbow Trout	~ NO RESTRICTIONS ~			
White Sucker	~ NO RESTRICTIONS ~			

Guidelines for Springer Lake				
Issued March 1993				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Carp	~ NO RESTRICTIONS ~			
Northern Pike	L.T. ^a 41 in.			
Largemouth Bass	L.T. ^a 9 in.	Unknown		
Black Bullhead	L.T. ^a 9 in.	Unknown		
Yellow Perch	L.T. ^a 12 in.	Unknown		
Channel Catfish	L.T. ^a 20 in.	20-25.5 in.	25.5-29.5 in.	G.T. ^b 29.5 in.

Guidelines for Storrie Lake				
Issued March 1993				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
White Sucker	L.T. ^a 28.5 in.			
Rainbow Trout	L.T. ^a 24 in.			
White Crappie	L.T. ^a 11.5 in.	Unknown		
Channel Catfish	L.T. ^a 26 in.	G.T. 26 in.		

^a L.T. = Less Than

^bG.T. = Greater Than

Table 22: Fish Consumption Guidelines Due to Mercury Contamination, continued.

Guidelines for Stubblefield Reservoir Issued March 1993				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye		L.T. ^a 22 in.	22-25.5 in.	G.T. ^b 25.5 in.
Black Bullhead	L.T. ^a 19 in.	19 - 24.5 in.		
White Sucker	L.T. ^a 18 in.	Unknown		
Channel Catfish	L.T. ^a 24 in.	Unknown		
Preliminary Guidelines for Clayton Lake Issued March 1992				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye		L.T. ^a 24 in.	24 - 28 in.	G.T. ^b 28 in.
Channel Catfish	L.T. ^a 27 in.	27 - 30 in.	G.T. ^b 30 in.	Unknown
Bluegill		G.T. ^b 8 in.	Unknown	Unknown
Guidelines for "Quality Waters" of the San Juan River Issued March 1992				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Rainbow Trout		~ NO RESTRICTIONS ~		
Guidelines for Pecos River above Pecos Issued March 1992				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Brown Trout		~ NO RESTRICTIONS ~		
Guidelines for Caballo Reservoir Issued December 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
White Bass	L.T. ^a 13 in.	13 - 15 in.	15 - 17 in.	G.T. ^b 17 in.
Walleye	L.T. ^a 17 in.	17 - 23 in.	23 - 28 in.	G.T. ^b 28 in.
Channel Catfish	L.T. ^a 28 in.	28 - 35 in.	G.T. ^b 35 in.	Unknown
Largemouth Bass	L.T. ^a 12 in.	Unknown	Unknown	Unknown
White Crappie	L.T. ^a 12 in.	Unknown	Unknown	Unknown
Preliminary Guidelines for Cochiti Reservoir Issued December 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Channel Catfish	L.T. ^a 13 in.	13 - 19 in.	19 - 26 in.	G.T. ^b 26 in.
Black Crappie	L.T. ^a 8 in.	Unknown	Unknown	Unknown
Walleye				All sizes
Guidelines for the San Juan River Hammond Diversion to the Hogback Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Carp	L.T. ^a 24 in.	Unknown	Unknown	Unknown
Channel Catfish	L.T. ^a 31 in.	31 - 41 in.	Unknown	Unknown

^a L.T. = Less Than

^bG.T. = Greater Than

Table 22: Fish Consumption Guidelines Due to Mercury Contamination, continued.

Guidelines for the San Juan River The Hogback to Cudei Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Carp	L.T. ^a 24 in.	Unknown	Unknown	Unknown
Channel Catfish	L.T. ^a 22 in.	Unknown	Unknown	Unknown

Guidelines for the San Juan River Cudei to the mouth of the Mancos River Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Carp	L.T. ^a 24 in.	Unknown	Unknown	Unknown
Channel Catfish	L.T. ^a 29 in.	29 - 37 in.	Unknown	Unknown

Guidelines for Fawn Lakes Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Trout		~ NO RESTRICTIONS ~		
Suckers		~ NO RESTRICTIONS ~		

Updated Guidelines for Navajo Reservoir Issued October 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Bass	L.T. ^a 13 in.	13 - 16 in.	16 - 17 in.	G.T. ^b 17 in.
Channel Catfish	L.T. ^a 24 in.	24 - 38 in.	G.T. ^b 38 in.	Unknown
Northern Pike	L.T. ^a 31 in.	31 - 41 in.	G.T. ^b 41 in.	Unknown
Crappie	L.T. ^a 11 in.	G.T. ^b 11 in.	Unknown	Unknown
Bluegill	L.T. ^a 11 in.	G.T. ^b 11 in.	Unknown	Unknown
Trout	L.T. ^a 20 in.	Unknown	Unknown	Unknown
Carp	L.T. ^a 26 in.	Unknown	Unknown	Unknown

Guidelines for Sumner Reservoir Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye		L.T. ^a 7 in.	7 - 13 in.	G.T. ^b 13 in.
Bass	L.T. ^a 10 in.	10 - 11 in.	11 - 13 in.	G.T. ^b 13 in.
Channel Catfish	L.T. ^a 14 in.	14 - 19 in.	19 - 23 in.	G.T. ^b 23 in.

Guidelines for Brantley Reservoir Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
White Bass	L.T. ^a 12 in.	12 - 13 in.	13 - 14 in.	G.T. ^b 14 in.
Largemouth Bass	L.T. ^a 15 in.	15 - 18 in.	18 - 21 in.	G.T. ^b 21 in.
Channel Catfish	L.T. ^a 20 in.	20 - 24 in.	Unknown	Unknown
Bluegill	L.T. ^a 10 in.	Unknown	Unknown	Unknown
Walleye	L.T. ^a 15 in.	Unknown	Unknown	Unknown

^a L.T. = Less Than

^bG.T. = Greater Than

Table 22: Fish Consumption Guidelines Due to Mercury Contamination, continued.

Guidelines for Conchas Reservoir				
Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye	L.T. ^a 16 in.	16 - 18 in.	18 - 21 in.	G.T. ^b 21 in.
Bass	L.T. ^a 14 in.	14 - 16 in.	16 - 18 in.	G.T. ^b 18 in.
Channel Catfish	L.T. ^a 20 in.	Unknown	Unknown	Unknown
Crappie	L.T. ^a 12 in.	Unknown	Unknown	Unknown
Preliminary Guidelines for Lake Farmington (Beeline Lake)				
Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Largemouth Bass	L.T. ^a 12 in.	Unknown	Unknown	Unknown
Channel Catfish	L.T. ^a 13 in.	Unknown	Unknown	Unknown
Guidelines for McGaffey Lake				
Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Green Sunfish		~ NO RESTRICTIONS ~		
Rainbow Trout		~ NO RESTRICTIONS ~		
Preliminary Guidelines for Elephant Butte Reservoir				
Issued September 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Bass	L.T. ^a 9 in.	9 - 17 in.	17 - 23 in.	G.T. ^b 23 in.
Guidelines for Ute Reservoir				
Issued April 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye	L.T. ^a 9 in.	9 - 12 in.	12 - 14 in.	G.T. ^b 14 in.
Channel Catfish	L.T. ^a 18 in.	18 - 19 in.	19 - 21 in.	G.T. ^b 21 in.
White Bass	L.T. ^a 10 in.	10 - 12 in.	12 - 13 in.	G.T. ^b 13 in.
Black Bass	L.T. ^a 7 in.	7 - 13 in.	13 - 16 in.	G.T. ^b 16 in.
Bluegill/Crappie	L.T. ^a 8 in.	8 - 11 in.	11 - 13 in.	G.T. ^b 13 in.
Guidelines for Santa Rosa Reservoir				
Issued March 1991				
<u>Species</u>	<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Walleye	L.T. ^a 8 in.	8 - 13 in.	13 - 16 in.	G.T. ^b 16 in.
Bass	L.T. ^a 8 in.	8 - 13 in.	13 - 16 in.	G.T. ^b 16 in.
Channel Catfish	L.T. ^a 14 in.	14 - 18 in.	18 - 22 in.	G.T. ^b 22 in.
Carp	L.T. ^a 16 in.	16 - 19 in.	19 - 23 in.	G.T. ^b 23 in.
Carp sucker	L.T. ^a 20 in.	Unknown	Unknown	Unknown
Bluegill	L.T. ^a 10 in.	Unknown	Unknown	Unknown
Bullhead	L.T. ^a 10 in.	Unknown	Unknown	Unknown

^a L.T. = Less Than

^bG.T. = Greater Than