

# For Mothers and Mothers-to-Be:

English



## Fish Fact

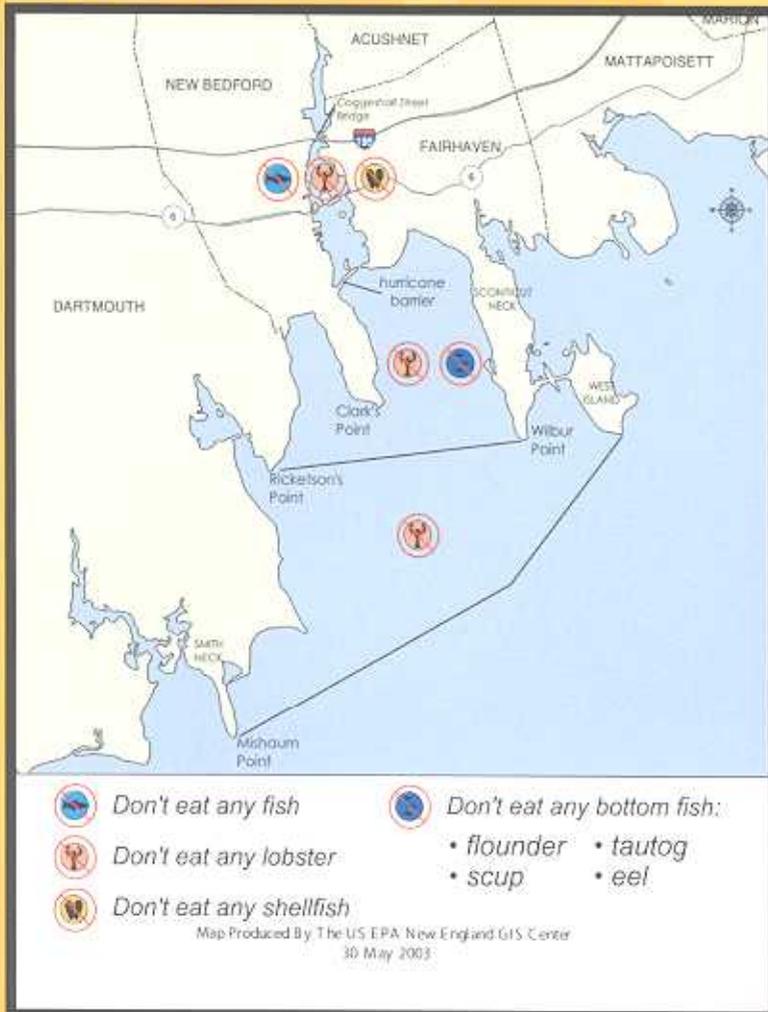
*Most fish are safe and healthy for you and your family to eat, but some are not. Some fish have chemicals that can harm you, your baby or young children.*



## Tips for Healthy Eating

-  When fishing, **DO NOT EAT** the fish, shellfish or lobster caught in the areas shown on the map. They have harmful chemicals called PCBs in them.
-  **DO NOT FEED** it to your young children: the chemicals could harm them.
-  When you buy seafood or if someone gives it to you, ask where it came from.

## Fish Smart—Use this Chart



**CAUTION:**  
*Do not eat fish, shellfish or lobster caught in the closed areas of New Bedford Harbor:*

**they have chemicals in them that can harm you, your baby and young children.**

**If** you have any questions about what fish are safe to eat, you should ask your doctor, nurse, a WIC provider, the local Health Department at 508-991-6284, or the U.S. Environmental Protection Agency toll-free at 1-888-372-7341.



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