

# WISCONSIN DEPARTMENT OF NATURAL RESOURCES PFAS FISH CONSUMPTION ADVISORIES

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## WHERE

The Moen Chain of Lakes in Vilas County, including Moen, Second, Third, Fourth and Fifth lakes.

## WHAT

A new consumption advisory for all species of one meal per month for everyone.

## WHY

Recent sampling shows elevated levels of perfluorooctane sulfonate (PFOS) in the fish tissue of all fish taken from the Moen Lake Chain. As a result, the Wisconsin Department of Natural Resources (DNR) and the Department of Health Services (DHS) are recommending a new consumption advisory.

## PREVIOUS ADVISORY

All fish species, except walleye, previously followed the statewide safe-eating guidelines of one meal per week for women under the age of 50 and children under 15 and was unrestricted for women over the age of 50 and men. A mercury-based, do not eat advisory was in place for walleye over 19 inches for women under the age of 50 and children under 15. This mercury-based advisory is still in effect.

## PFAS DEFINITION


PFOS (perfluorooctane sulfonate) is one of many per- and polyfluoroalkyl substances (PFAS). PFAS are a group of human-made chemicals used for decades in numerous products, including non-stick cookware, fast food wrappers, stain-resistant sprays and certain types of firefighting foam. These contaminants have made their way into the environment in a variety of ways, including spills of PFAS-containing materials, discharges of PFAS-containing wastewater to treatment plants, and certain types of firefighting foams. PFAS are very resistant to breaking down. **PFOS, in particular, build up in fish tissue, but how it builds up is hard to predict.**

## HEALTH BENEFITS & RISKS

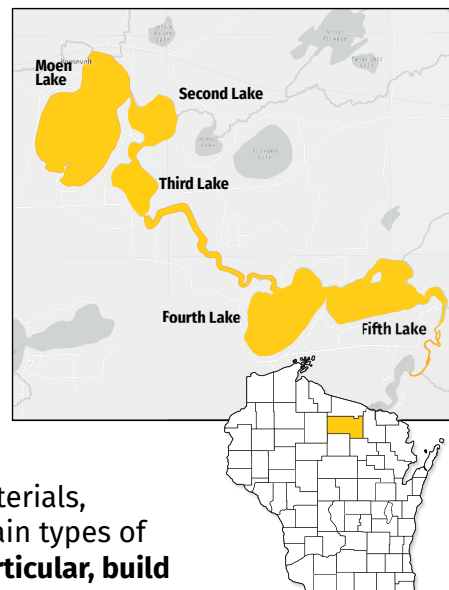
Fish are high in protein, a great source of Omega-3 fatty acids, and are low in unhealthy saturated fats. However, since PFAS can be stored in your body for years, health risks may increase if you eat more fish than recommended. PFOS detection is one of the driving forces behind establishing fish consumption advisories. **You can get the health benefits from eating fish while reducing unwanted contaminants by following this advisory.**

Exposure to high levels of certain PFAS may:

- Increase cholesterol levels
- Decrease how well the body responds to vaccines
- Increase the risk of thyroid disease
- Decrease fertility in women
- Increase the risk of serious conditions like high blood pressure or pre-eclampsia in pregnant women
- Lower infant birth weights
- Cause cancer

SITE SPECIFIC ADVISORY FOR Moen Lake Chain (includes Moen, Second, Third, Fourth and Fifth lakes)		
GUIDELINES FOR EVERYONE (PFOS)		
GUIDELINES FOR MERCURY		
Species	Up to 1 meal per month	Do not eat
All species	All Sizes	
Walleye	All sizes	Over 19" 

 Advice for women under age 50 and children under age 15



Find consumption advice in the DNR's [Choose Wisely: A Health Guide For Eating Fish In Wisconsin](#).