

Choose wisely - 2015

A health guide for eating fish in Wisconsin



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For more information . . .

This advisory can also be viewed on the DNR's website at dnr.wi.gov/topic/fishing/consumption. To find out if fish from a particular water has been tested, call or write the DNR Bureau of Fisheries Management, PO Box 7921, Madison, WI 53707, (888) 936-7463 or contact your local DNR office.



Wisconsin DNR

dnr.wi.gov

Wisconsin Division of Public Health

(608) 266-1120 or dhs.wisconsin.gov/environmental/fish.htm

Food and Drug Administration

www.fda.gov/food

Environmental Protection Agency

epa.gov/waterscience/fish

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Design by L. Pohlod

Choose Wisely - 2015

A Health Guide for Eating Fish in Wisconsin



How should I use this advisory?

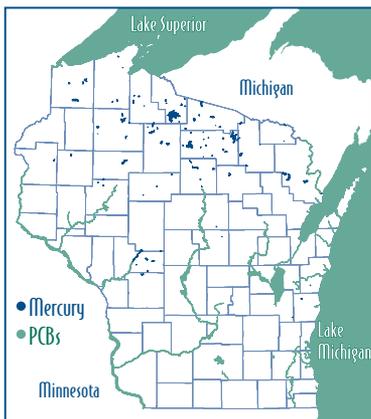
1) Read the safe-eating guidelines on page 4.

These guidelines apply to fish from most of Wisconsin's inland (non-Great Lakes) waters.

2) Determine if your fishing spot has additional, special advice.

Exceptions to the statewide Safe Eating Guidelines are necessary for some species of fish from 146 areas where fish have higher concentrations of mercury or PCBs.

- See pages 7 - 32 for waters where exceptions apply due to higher concentrations of mercury (shown in dark blue on map) or PCBs (shown in green on map)



3) Follow the advice appropriate for the species of fish and length.

To determine length, measure your fish from the tip of the nose to the end of the tail.

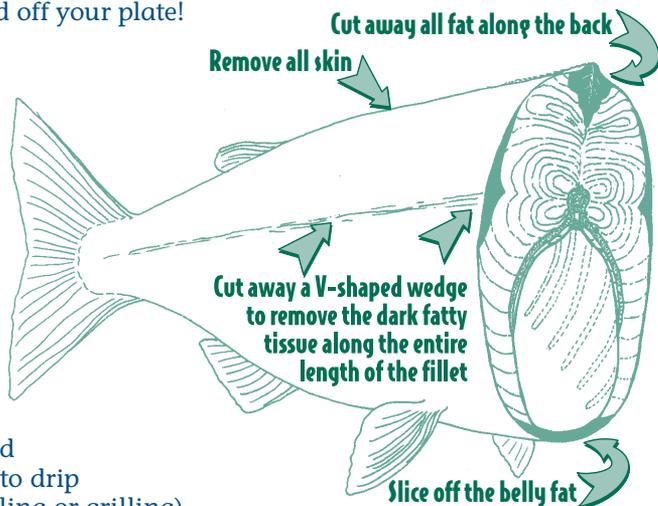


4) If the waterbody or fish species does not appear in the tables on pages 7 - 32, follow the safe-eating guidelines on page 4.

For fish from stores or restaurants, see page 5.

Steps you can take to reduce your contaminant intake:

- ✓ Eat smaller, younger fish – keep trophies on the wall and off your plate!
- ✓ Space out your fish meals to allow your body to get rid of some mercury
- ✓ Remove fatty parts of the fish before cooking (see diagram on the right)
- ✓ Use a cooking method that allows fat to drip away (like broiling or grilling)
- ✓ Don't use drippings to prepare sauces or gravies



This brochure will help you plan how much fish you can safely eat. This information is not intended to discourage you from eating fish, but to help you select fish that are low in contaminants.

Benefits of eating your catch

Fishing is a great outdoors tradition. Eating your catch can be part of a healthy, balanced diet. Fish are generally low in unhealthy saturated fat, high in protein, and contain vitamins and minerals. Fish are also a primary food source of healthy fats – omega-3 fatty acids. Studies suggest that omega-3 fatty acids are essential for brain and nerve functions and modest consumption of fish containing omega-3s

may lower the risk of heart disease in adults. Many doctors suggest eating 1 to 2 meals of fish each week can benefit your health but little additional benefit is gained by eating more than that.

However, fish may build up pollutants from the water they live in and the food they eat. Some pollutants can build up in the fish to levels that can be harmful to wildlife and humans who eat fish.

You can get the health benefits from eating fish while reducing unwanted contaminants by following this advisory. You and your family should determine the type and amount of fish you eat and compare that to the advice in this guide. After consulting the advisory, you may want to eat different species of fish, eat smaller fish, eat fish from different waters, or space fish meals farther apart.

What contaminants are in Wisconsin fish?

Two contaminants are responsible for most fish advisories in Wisconsin. They are **polychlorinated biphenyls (PCBs)** and **mercury**. These contaminants differ in where they come from, where they build up in fish tissue, and how they affect human health.

Contaminants such as PCBs and mercury build up in your body over time. The risk of health problems increases with the amount of contaminated fish you eat over time. Health problems that have been linked to PCBs and mercury range from effects that are hard to detect like poor balance or problems with memory, to a slight increase in your risk of a more serious disease like diabetes or cancer.

Other contaminants of concern at a few locations in Wisconsin are dioxins and perfluorooctane sulfonate (PFOS).

*More information on **PCBs** and **mercury** can be found on pages 34 and 35.*



Statewide Safe Eating Guidelines

Wisconsin's fish consumption advice is a recommendation on how many meals of fish you and your children may safely eat. **The recommended number of meals for a given length of time (weekly, monthly, or yearly) is based on the contaminant levels found in fish and may vary by location and by type and size of the fish.**

Because fish from most waters contain mercury, statewide safe-eating guidelines provide the same advice for most inland waters. However, there are special exceptions to the statewide safe-eating guidelines for locations where higher levels of contaminants have been found in fish.

Statewide Safe Eating Guidelines For most of Wisconsin's inland (non-Great Lakes) waters

Women of child-bearing age (under 50) and all children under 15 may safely eat:

1 serving per week: Bluegill, crappies, yellow perch, sunfish, bullheads, inland trout;

AND

1 serving per month: Walleye, pike, bass, catfish, and all other species not listed here.

DO NOT EAT: Muskies.



Black Crappie



Muskellunge

Women over 50 and men may safely eat:

Unrestricted*: Bluegill, crappies, yellow perch, sunfish, bullheads, inland trout;

1 serving per week: Walleye, pike, bass, catfish, all other species not listed here;

AND

1 serving per month: Muskies.



Bluegill



White Bass



Channel Catfish

**Doctors suggest that eating 1-2 servings per week of low-contaminant fish or shellfish can benefit your health. Little additional benefit is obtained by consuming more than that amount, and you should rarely eat more than 4 servings of fish within a week.*

What's a serving?

Your body weight	Fillet weight before cooking
75 pounds	¼ pound (4 oz)
150 pounds	½ pound (8 oz)
225 pounds	¾ pound (12 oz)



**Follow fishing rules—
See Wisconsin's fishing
regulations!**

L70410D

What about fish purchased from a store or restaurant?



Most purchased fish are from oceans or are farm-raised, but some are commercially harvested from local waters. Purchased fish also may contain contaminants. The Food and Drug

Administration (FDA) sets tolerance levels for contaminants and regulates the interstate sale of fish. In addition, the FDA and the Environmental Protection Agency (EPA) recommend that 8 to 12 ounces of low-mercury fish be eaten per week to obtain the health benefits of fish and shellfish. See the FDA/EPA Consumer Advice for more information (www.fda.gov/Food/FoodborneIllnessContaminants) and to determine which commercial fish species are safest.

Before purchasing fish, ask where the fish came from. Do not regularly eat the types of fish with high levels of contaminants. Check state and local agencies for information on the safety of commercially sold fish harvested from local waters. Several Wisconsin sportfish are also commercially caught and sold. **See pages 8–9 for advice for Lakes Michigan and Superior if you eat purchased fish harvested from these waters.**



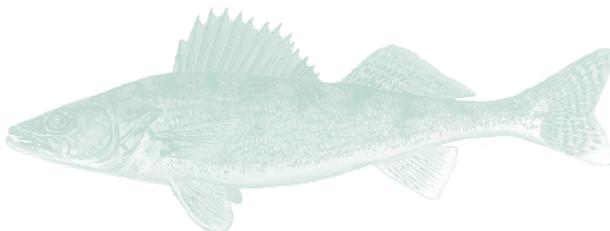
Follow these guidelines for popular commercial fish to reduce your exposure to mercury.

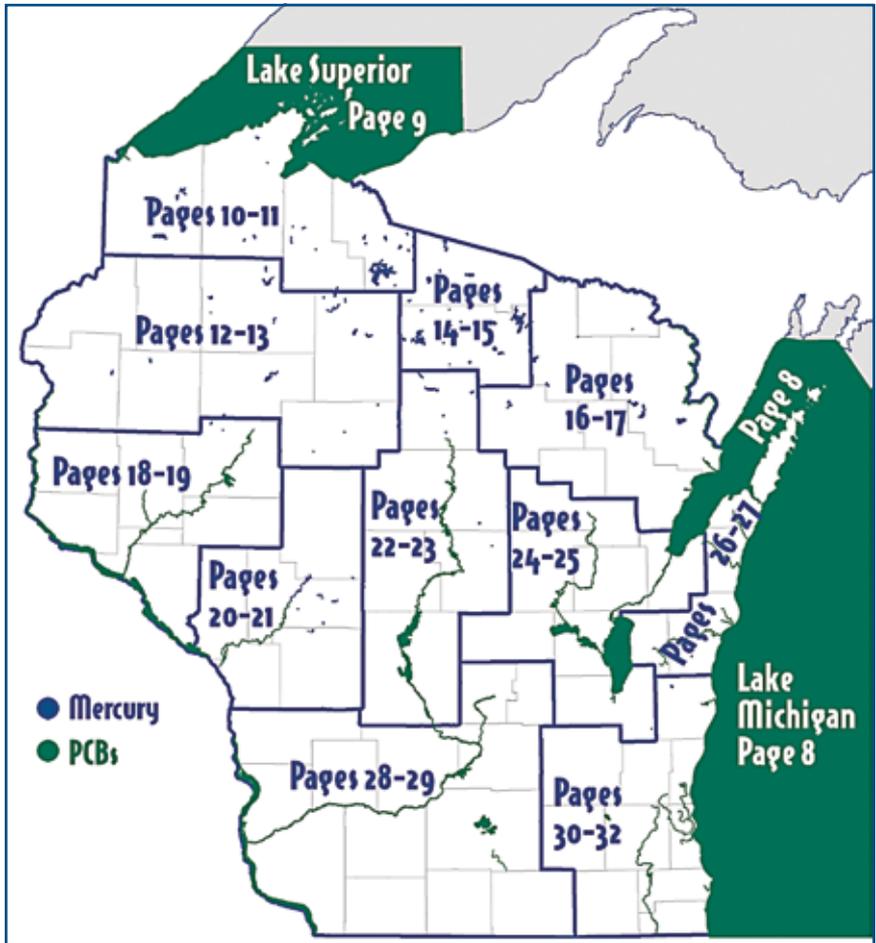
Purchased Species	Women under 50 and children under 15	Women over age 50 and men
<i>Atlantic or Pacific Salmon (not from the Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury</i>	2 meals per week	Unrestricted
OR		
Canned "light" tuna	1 meal per week	Unrestricted
AND		
Canned "white" tuna (Albacore), tuna steaks, halibut	1 meal per month	1 meal per week
AND		
Shark, swordfish, king mackerel, tilefish	DO NOT EAT	1 meal per month

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In this booklet, waters with exceptions to the statewide  Eating Guidelines (page 4) are listed by **groups of counties** (see county index).

Blue waters below represent those with exceptions due to mercury, while **green** waters are those where PCBs are the primary concern.



Green Bay and its tributaries

up to their 1st impassable barrier, except for the Fox River. See also advice for the Menominee River.

Guidelines for everyone (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Brown trout			Under 26"	Over 26"	
Burbot		All sizes			
Carp					All sizes
Channel catfish				All sizes	
Chinook salmon			All sizes		
Lake whitefish			All sizes		
Musky					All sizes
Northern pike		Under 27"	Over 27"		
Rainbow trout			All sizes		
Sheepshead			All sizes		
Smallmouth bass		Under 13"	Over 13"		
Sturgeon					All sizes
Walleye			All sizes		
White bass				All sizes	
White perch				All sizes	
White sucker		All sizes			
Yellow perch		All sizes			

For the Menominee River see pages 16–17. For Fox River see pages 24–25.



Lake Michigan and its tributaries

See also advice for the Ahnapee, Kewaunee, Manitowoc, Milwaukee, Pike, Root, Twin, and Sheboygan Rivers.

Guidelines for everyone (PCBs)

Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Brown trout			All sizes		
Chinook salmon			All sizes		
Chubs			All sizes		
Coho salmon			All sizes		
Lake trout			Under 27"		Over 27"
Lake whitefish			All sizes		
Rainbow trout		Under 22"	Over 22"		
Smelt		All sizes			
Yellow perch		Under 11"	Over 11"		

For Ahnapee, Kewaunee, Manitowoc, Milwaukee, Pike, Root, Sheboygan and Twin Rivers, see pages 26–27 and 30–32



Lake Superior and its tributaries

up to their 1st impassable barrier. See also advice for Superior Harbor and St. Louis River.

Guidelines for everyone (PCBs and mercury)

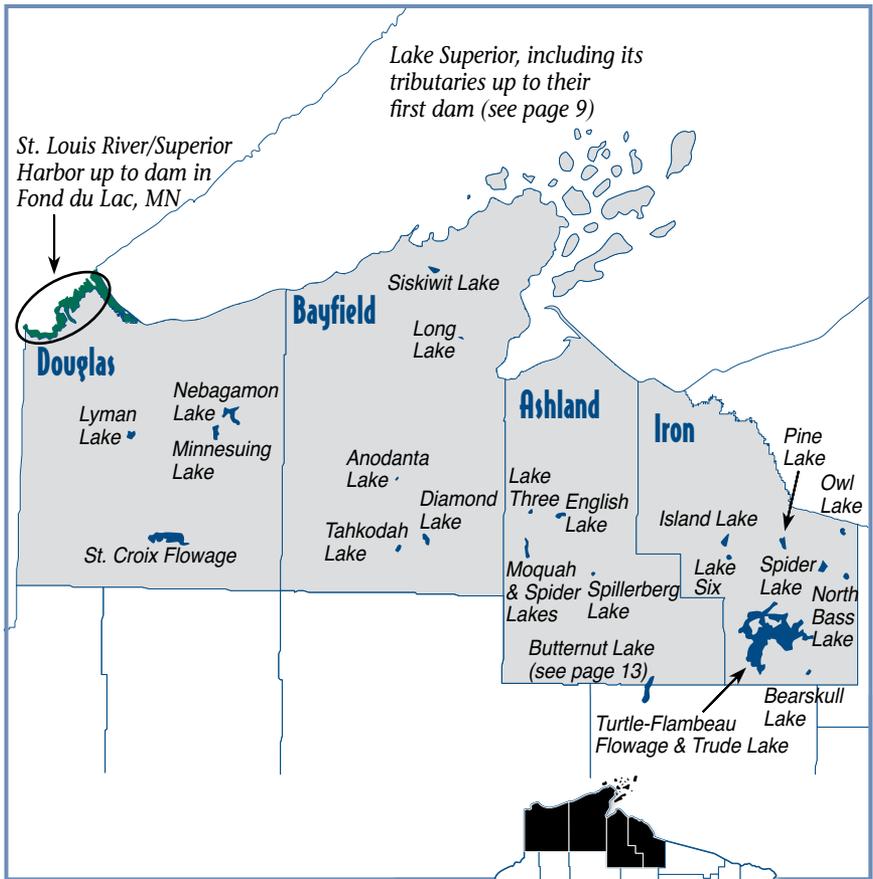
Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Brown trout		All sizes			
Burbot		All sizes			
Chinook salmon		Under 32"	Over 32"		
Chubs		All sizes			
Coho salmon	All sizes*	All sizes**			
Lake herring	All sizes*	All sizes**			
Lake sturgeon			Over 50"		
Lake trout		Under 22"	22"-39"		Over 39"
Lake whitefish		All sizes			
Rainbow trout	All sizes*	All sizes**			
Siscowet			Under 29"		Over 29"
Smelt	All sizes				
Walleye		All sizes*	All sizes**		
Yellow perch	All sizes*	All sizes**			

For Superior Harbor and St. Louis River, see pages 10-11.

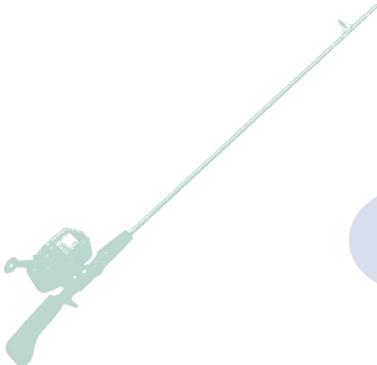
* Advice for women over age 50 and men

** Advice for women under age 50 and children under age 15





For Lake Superior
see page 9.



Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Anodonta Lake	Black crappie, Bluegill	
Bearskull Lake	Bluegill	Walleye over 18"
Diamond Lake		Walleye over 19"
English Lake		Walleye over 16"
Island Lake (T44 R1E S25)	Black crappie	Walleye all sizes
Lake Six	Yellow perch	Northern pike over 26"
Lake Three (T44 R4W S3)	Black crappie	
Long Lake (T48 R5W S6)	Yellow perch	Largemouth bass over 14" Walleye over 15"
Lyman Lake	Black crappie	Walleye over 17"
Minnesuing Lake	Black crappie	Walleye over 20"
Moquah & Spider Lakes	Bluegill	
Nebagamon Lake		Walleye over 23"
North Bass Lake	Bluegill	Largemouth bass - all sizes
Owl Lake	Black crappie	Walleye - all sizes
Pine Lake (T44 R3E S29)		Walleye over 21"
Siskiwit Lake		Walleye over 16"
Spider Lake		Walleye over 15"
Spillerberg Lake	Yellow perch	
St. Croix Flowage	Black crappie	
Tahkodah Lake	All panfish	Walleye - all sizes
Turtle-Flambeau Flowage & Trude Lake	Black crappie	Walleye over 24"

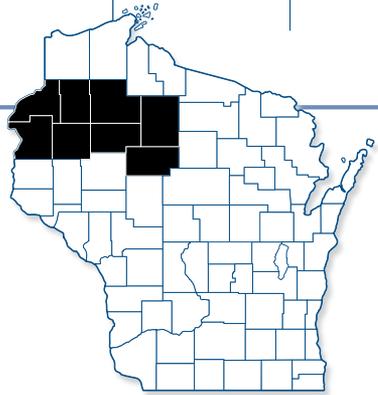
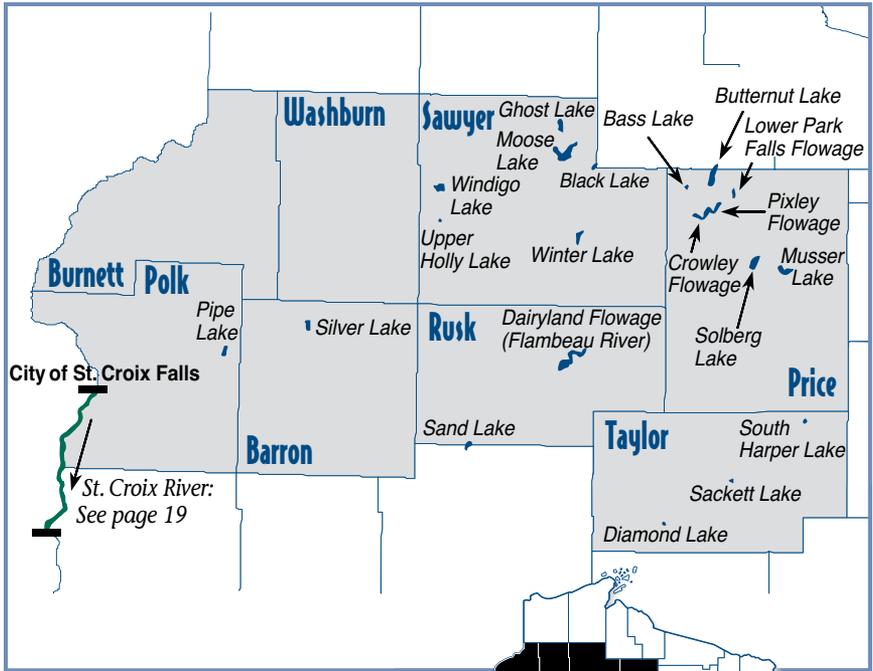
Guidelines for everyone (PCBs and mercury)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Superior Harbor and St. Louis River from Superior Entry up to dam at Fond du Lac, MN					
Black crappie		All sizes 🍷	All sizes 🍷🍷		
Carp			All sizes		
Walleye (mercury)			Over 22" 🍷		Over 22" 🍷🍷
Yellow perch		All sizes			
Other species	Follow the  Safe Eating Guidelines on page 4				

🍷 Advice for women over age 50 and men

🍷🍷 Advice for women under age 50 and children under age 15

For all other species/sizes in these waters and non-Great Lakes waters in these counties, follow the  Safe Eating Guidelines on page 4.



Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

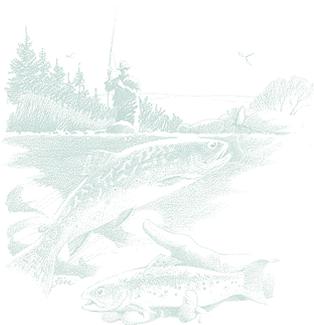
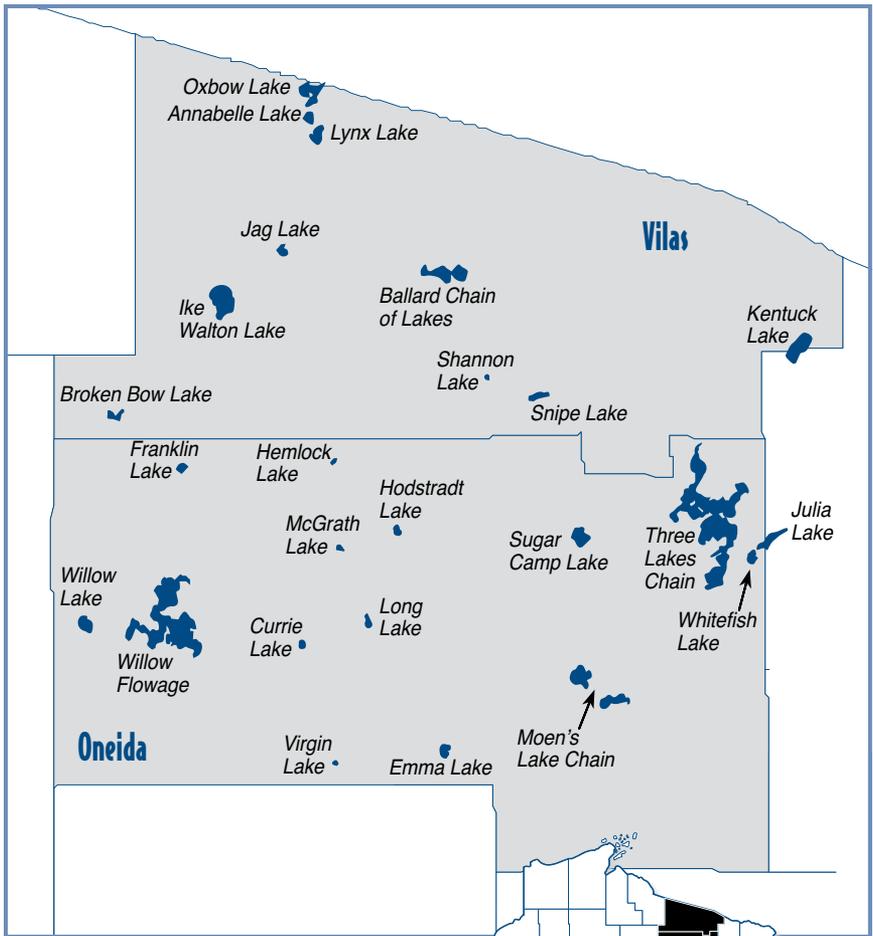
Waterbody

Up to 1 meal per week

Up to 1 meal per month

Bass Lake (T40 R2W S15)		Walleye over 15"
Black Lake	Black crappie, Bluegill	
Butternut Lake (T40 R1W S18)		Walleye over 16"
Crowley Flowage (Flambeau River)	Black crappie	Walleye over 23"
Dairyland Flowage (Flambeau River)		Walleye - all sizes
Diamond Lake		Walleye - all sizes
Ghost Lake		Walleye over 20"
Lower Park Falls Flowage (Flambeau River)		Northern pike over 22"
Moose Lake		Walleye - all sizes
Musser Lake	Black crappie	Walleye over 24"
Pipe Lake (T35 R15W S15)		Largemouth bass - all sizes
Pixley Flowage (Flambeau River)	Black crappie	Walleye over 23"
Sackett Lake		Walleye over 19"
Sand Lake (T33 R8W S34)		Walleye over 21"
Silver Lake		Walleye over 15"
Solberg Lake	Black crappie	
South Harper Lake		Walleye over 19"
Upper Holly Lake	Black crappie	
Windigo Lake		Walleye over 15" Northern Pike over 19"
Winter Lake	Black crappie	

For all other species/sizes in these waters and other waters in these counties, follow the  Safe Eating Guidelines on page 4.



Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

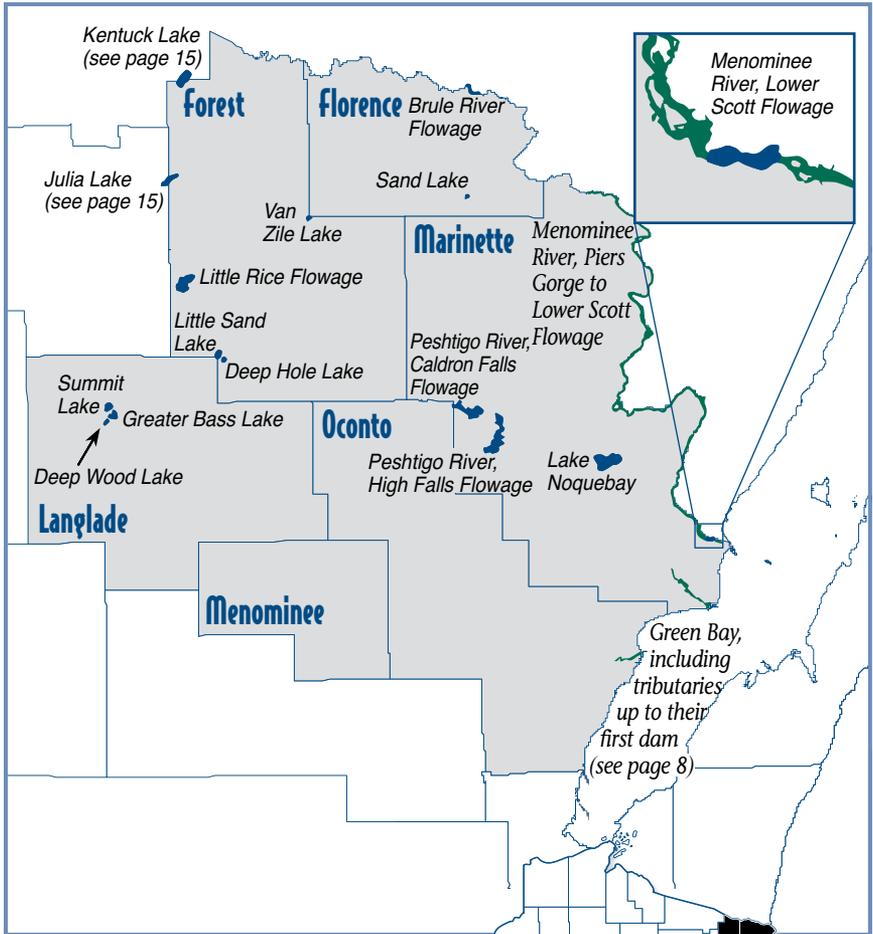
Waterbody

Up to 1 meal per week

Up to 1 meal per month

Annabelle Lake		Walleye over 20"
Ballard Chain (includes Ballard, White Birch, and Irving Lakes)		Walleye over 17"
Broken Bow Lake		Largemouth bass over 15"
Currie Lake		Walleye over 16"
Emma Lake		Walleye over 20"
Franklin Lake		Walleye over 21"
Hemlock Lake	All panfish	Walleye over 17"
Hodstradt Lake		Walleye over 19"
Ike Walton Lake		Walleye - all sizes
Jag Lake		Walleye over 20"
Julia Lake (T38 R12E S6)		Walleye over 15"
Kentuck Lake	Black crappie	
Long Lake (T37 R7E S10)		Walleye over 21"
Lynx Lake (T43 R7E S18)		Walleye over 18"
McGrath Lake	Bluegill, Yellow perch	Largemouth bass over 18"
Moen's Lake Chain (includes Moen's, Second, Third, Fourth, & Fifth Lakes)		Walleye over 19"
Oxbow Lake		Walleye over 21"
Shannon Lake		Largemouth bass over 16"
Snipe Lake	Yellow perch	Walleye over 19"
Sugar Camp Lake		Northern pike over 28" Smallmouth bass over 17" Walleye over 18"
Three Lakes Chain (includes Big, Big Fork, Big Stone, Dog, Fourmile, Island, and Planting Ground Lakes)	Yellow perch	Walleye over 26"
Virgin Lake		Walleye over 22"
Whitefish Lake	Yellow perch	
Willow Flowage		Walleye over 17"
Willow Lake (T37 R4E S9)		Walleye over 20"

For all other species/sizes in these waters and other waters in these counties, follow the  Safe Eating Guidelines on page 4.



Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Brule River Flowage	Black crappie	Walleye over 24"
Caldron Falls Flowage (Peshtigo River)	Black crappie Yellow perch	Walleye over 17"
Deep Hole Lake		Walleye over 18"
Deep Wood Lake (T33 R10E S14)	Bluegill	Northern pike over 26"
Greater Bass Lake		Largemouth bass - all sizes Northern pike over 22"
High Falls Flowage (Peshtigo River)	Black crappie	Walleye over 17"
Lake Noquebay		Walleye over 23"
Little Rice Flowage	Black crappie	
Little Sand Lake	Bluegill	Northern pike over 25"
Lower Scott Flowage (Menominee River)	All panfish	Walleye over 16" Redhorse over 22"
Sand Lake (T38 R18E S21)		Walleye over 18"
Summit Lake	Black crappie	Largemouth bass - all sizes
Van Zile Lake		Largemouth bass - all sizes Northern pike over 24"

Guidelines for everyone (PCBs and mercury)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Menominee River: Piers Gorge to Lower Scott Flowage					
Carp			All sizes		
Lake Sturgeon					All sizes
Walleye (mercury)			Over 20"*		Over 20"***
Other species	Follow the  Safe Eating Guidelines on page 4				

* Advice for women over age 50 and men

** Advice for women under age 50 and children under age 15

For all other species/sizes in these waters and non-Great Lakes waters in these counties, follow the  Safe Eating Guidelines on page 4.

For Green Bay advice, see page 8.





For all other species/sizes in these waters and other waters in these counties, follow the  Safe Eating Guidelines on page 4.

Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Horseshoe Lake (T32 R8W S33)

Walleye over 20"

Round Lake (T32 R9W S14)

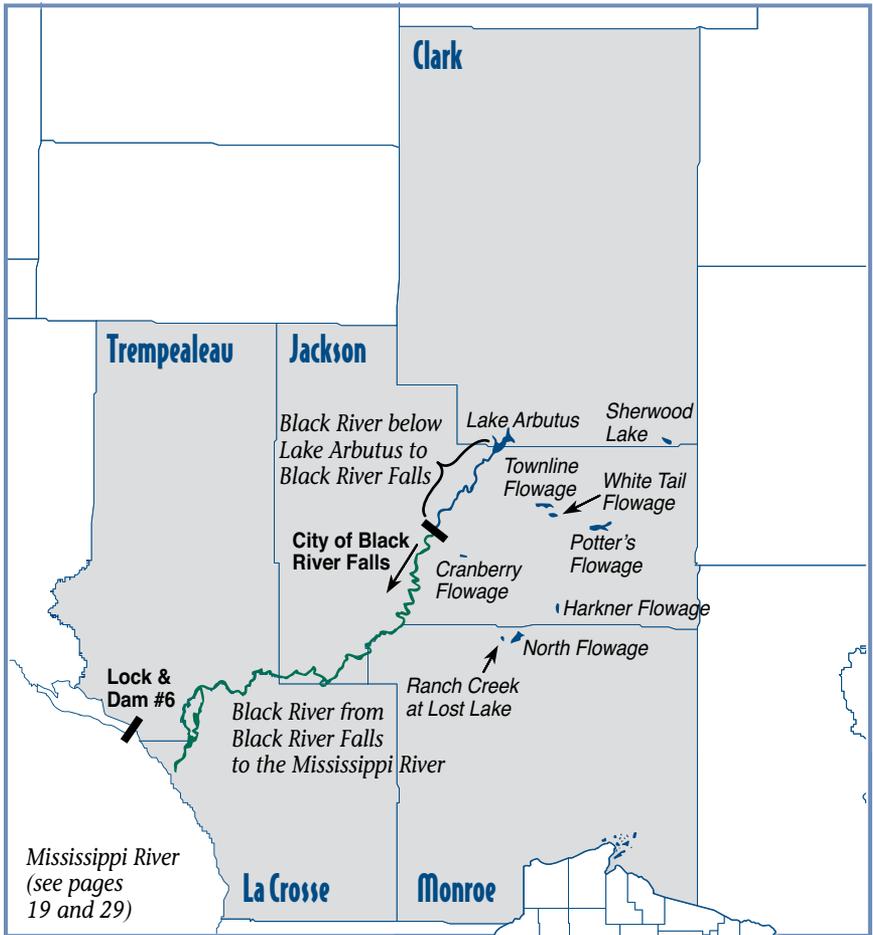
Black crappie

Walleye over 18"

Guidelines for everyone (PCBs)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Chippewa River - downstream of dam at Holcombe Dam to confluence with Mississippi River					
Carp			All sizes		
Sturgeon			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Mississippi River - Pool 3					
Bluegill (PFOS)		All sizes			
Buffalo			All sizes		
Carp			All sizes		
Channel catfish			All sizes		
Crappie (PFOS)		All sizes			
Other species	Follow the  Safe Eating Guidelines on page 4				
Mississippi River - Pool 4					
Bluegill (PFOS)		All sizes			
Buffalo			All sizes		
Carp			All sizes		
Channel catfish			All sizes		
Flathead catfish			All sizes		
White bass			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Mississippi River - Pools 5, 5A, and 6					
Bluegill (PFOS)		All sizes			
Crappie (PFOS)		All sizes			
White bass			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel catfish			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
St. Croix River below St. Croix Falls in Polk County to Stillwater, MN					
Buffalo			All sizes		
White bass			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
St. Croix River from Stillwater, MN downstream to the Mississippi River					
Buffalo			Over 22"		
Other species	Follow the  Safe Eating Guidelines on page 4				

PFOS = Perfluorooctane Sulfate



Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Black River: below Lake Arbutus to Black River Falls

Black crappie

Cranberry Flowage, Upper

Black crappie, Bluegill

Largemouth bass over 19"

Harkner Flowage

Black crappie, Yellow perch

Lake Arbutus (Black River)

Black crappie, Bluegill

Channel catfish over 25",
Smallmouth bass over 17",
Walleye over 22"

Lost Lake (Ranch Creek)

Black crappie, Bluegill

Largemouth bass over 21"

North Flowage

Black crappie

Largemouth bass over 15"

Potter's Flowage

Black crappie, Yellow perch

Largemouth bass over 18"

Sherwood Lake

Black crappie

Largemouth bass over 16"

Townline Flowage

Black crappie, Yellow perch

White Tail Flowage

Yellow perch

Northern pike over 22"

Guidelines for everyone (PCBs and mercury)

Waterbody Species

Unrestricted

Up to 1 meal per week

Up to 1 meal per month

Up to 6 meals per year

DO NOT EAT

Black River from Black River Falls downstream to Mississippi River

Black crappie (mercury)

All sizes

Channel catfish

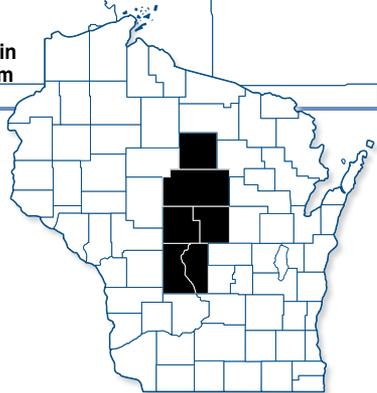
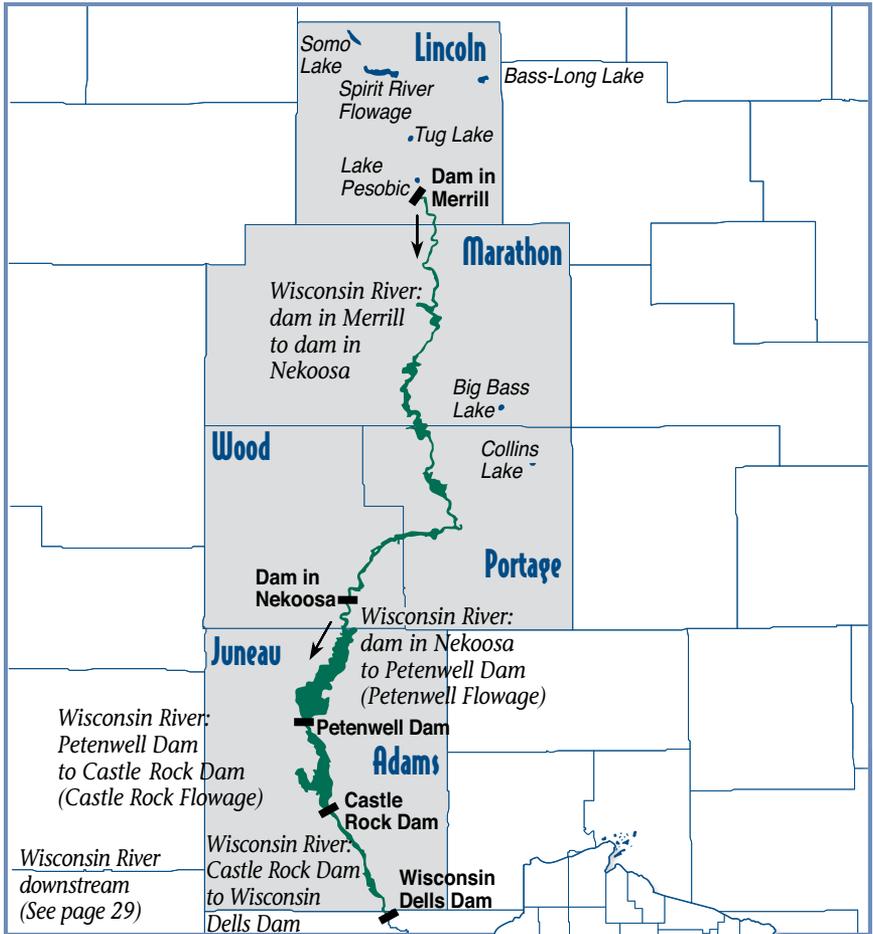
Over 25"

Other species

Follow the  Safe Eating Guidelines on page 4

For all other species/sizes in these waters and other waters in these counties, follow the  Safe Eating Guidelines on page 4.





Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Bass-Long Lake (T34 R8E S16)

Largemouth bass - all sizes

Big Bass Lake

Largemouth bass over 18"

Walleye over 18"

Collins Lake

Walleye over 20"

Lake Pesobic

Black crappie

Somo Lake

Bluegill

Walleye over 22"

Spirit River Flowage

Bluegill, Black crappie

Tug Lake

Bluegill

Northern pike over 19"

Guidelines for everyone (PCBs)

Waterbody Species

Unrestricted

Up to 1 meal per week

Up to 1 meal per month

Up to 6 meals per year

DO NOT EAT

Wisconsin River from dam at Merrill downstream to dam at Nekoosa

Carp

All sizes

Redhorse

All sizes

Other species

Follow the  Safe Eating Guidelines on page 4

Wisconsin River from dam at Nekoosa to Petenwell Dam (Petenwell Flowage)

Carp

All sizes (dioxin)

Channel catfish

Under 20"

Above 20" (dioxin)

White bass

All sizes

Other species

Follow the  Safe Eating Guidelines on page 4

Wisconsin River from Petenwell Dam to Castle Rock Dam (Castle Rock Flowage)

Carp

All sizes

Other species

Follow the  Safe Eating Guidelines on page 4

Wisconsin River from Castle Rock Dam to Wisconsin Dells Dam

Carp

All sizes

Channel catfish

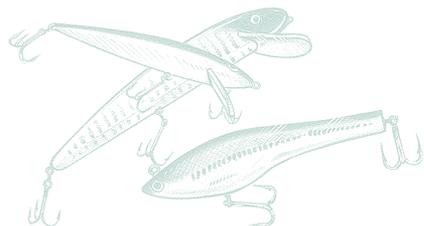
All sizes

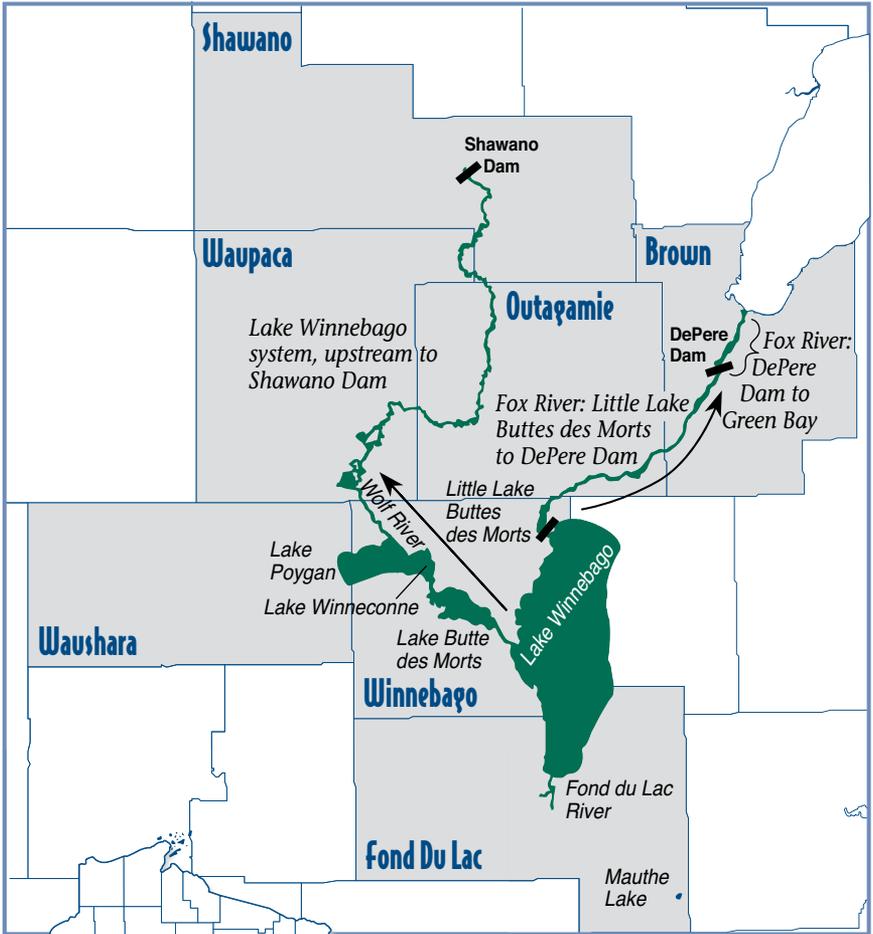
Other species

Follow the  Safe Eating Guidelines on page 4

For all other species/sizes in these waters and other waters in these counties, follow the

 Safe Eating Guidelines on page 4.





Guidelines for everyone (PCBs)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Lake Winnebago system (includes Lake Poygan, Lake Butte des Morts, Fond du Lac River, and the Wolf River upstream to Shawano Dam)					
Carp			Over 26"		
Other species	Follow the  Safe Eating Guidelines on page 4				
Fox River from Little Lake Butte des Morts downstream to DePere Dam					
Carp					All sizes
Channel catfish			All sizes		
Walleye			All sizes		
White bass			All sizes		
White perch			All sizes		
Yellow perch			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Fox River from DePere Dam downstream to the mouth of the Fox where it enters Green Bay					
Bigmouth buffalo					All sizes
Black crappie			All sizes		
Bluegill			All sizes		
Carp					All sizes
Channel catfish					All sizes
Lake whitefish			All sizes		
Muskies					All sizes
Northern pike			Under 33"	Over 33"	
Rock bass			All sizes		
Sheepshead			Under 19"	19"-23"	Over 23"
Smallmouth bass			All sizes		
Walleye			Under 21"	21"-25"	Over 25"
White bass				All sizes	
White perch				All sizes	
White sucker			All sizes		
Yellow perch			All sizes		

Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

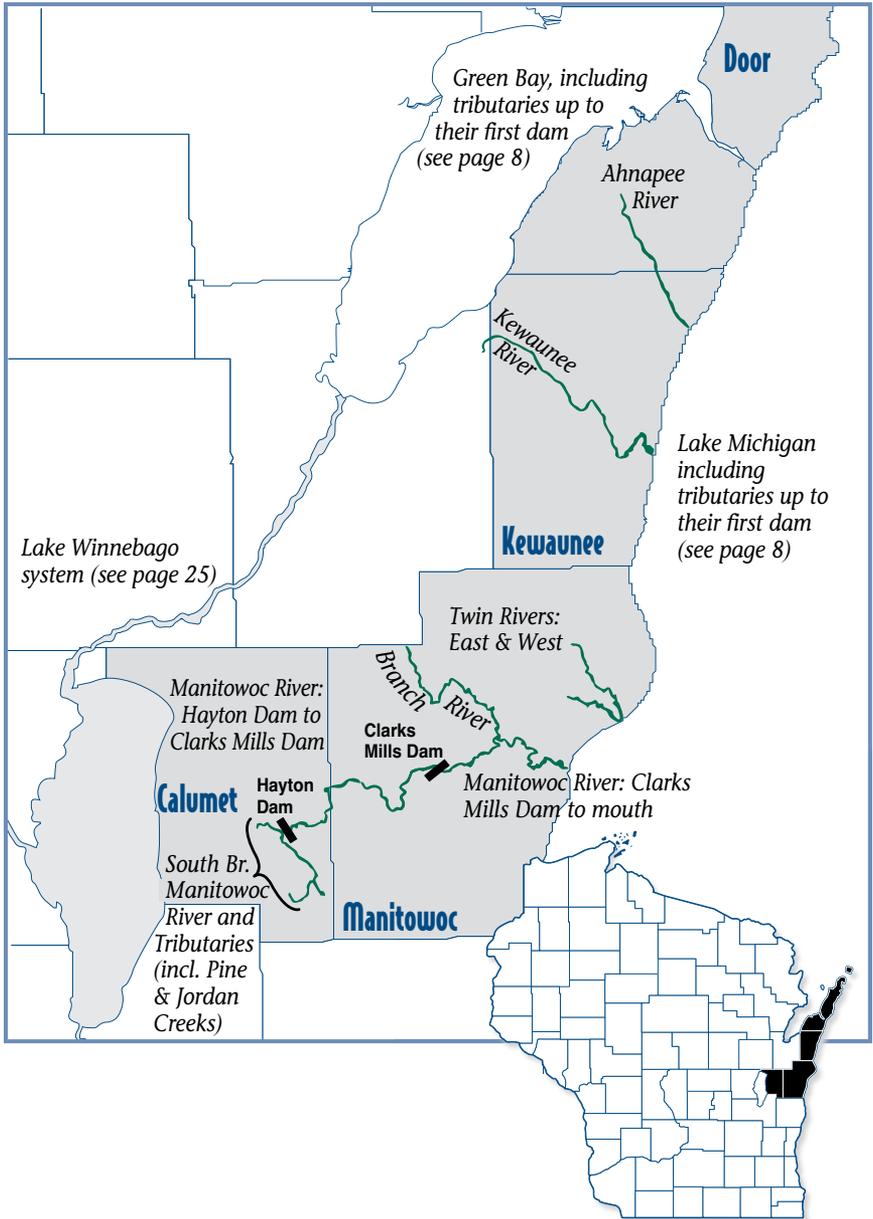
Up to 1 meal per week

Up to 1 meal per month

Mauthe Lake Yellow perch

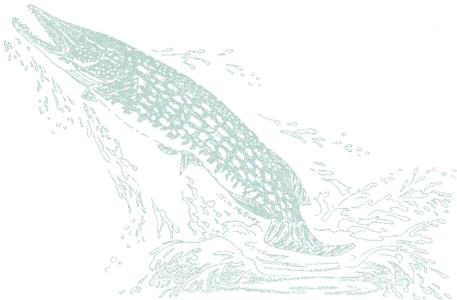
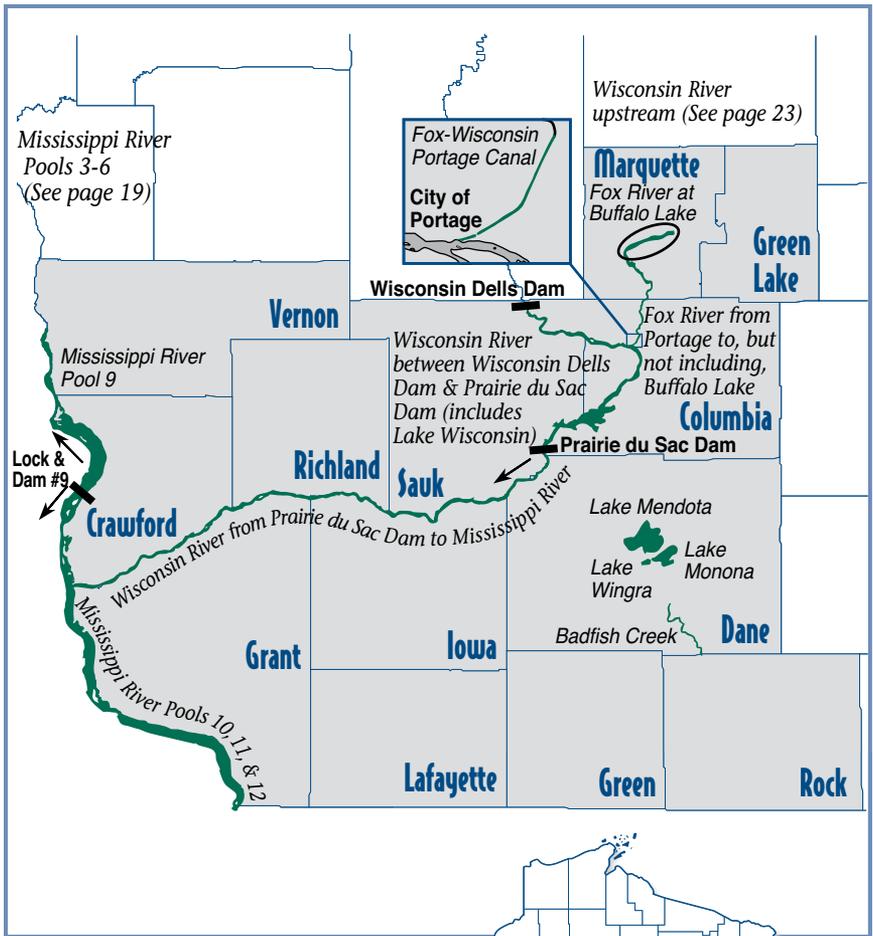
For other species/sizes in this lake, follow the  Safe Eating Guidelines on page 4

For all other waters in these counties not listed here, follow the  Safe Eating Guidelines on page 4, except for Green Bay see page 8.



Guidelines for everyone (PCBs)

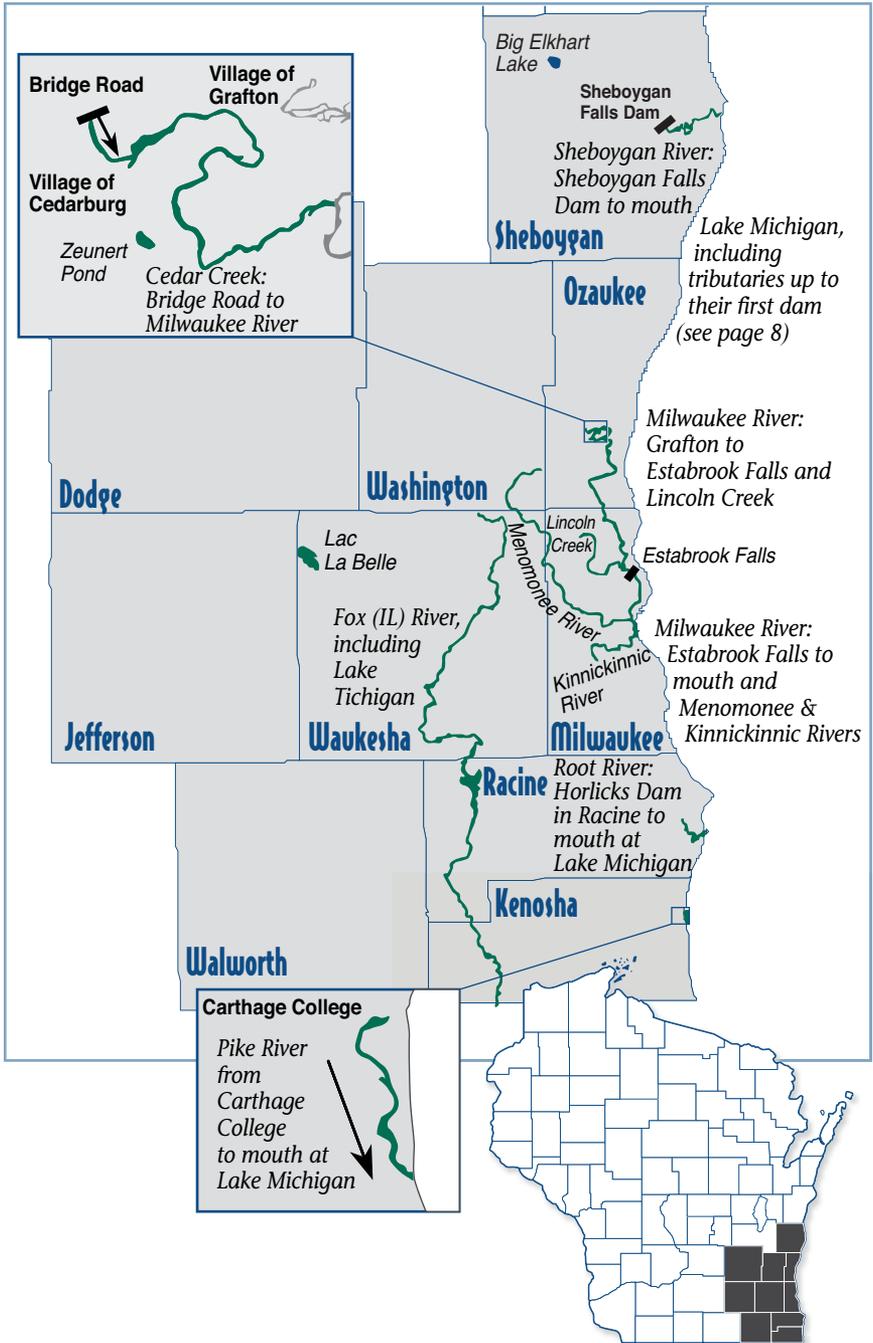
Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Ahnapee River					
Carp			All sizes		
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
Branch River in Manitowoc County					
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
Kewaunee River					
Carp				All sizes	
Channel catfish			Under 13"	Over 13"	
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
Manitowoc River (South Branch) and its tributaries from Chilton downstream to Hayton Millpond, including Pine and Jordan Creeks					
ALL SPECIES					ALL SIZES
Manitowoc River from Hayton Dam to Clarks Mills Dam					
Bullhead			All sizes		
Carp					All sizes
Northern pike					All sizes
Rock bass					All sizes
White sucker				All sizes	
Manitowoc River from Clarks Mills Dam downstream to mouth at Lake Michigan					
Carp			All sizes		
Channel catfish				Under 20"	Over 20"
Smallmouth bass			All sizes		
Northern pike			All sizes		
Trout and salmon	Follow Lake Michigan advice page 8				
Twin Rivers (East and West) from their mouth up to their first dams					
Black crappie		All sizes			
Bullhead		All sizes			
Carp			All sizes		
Channel catfish			Under 15"	15-23"	Over 23"
Northern pike			Over 27"		
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
For all other waters in these counties not listed here, follow the  Safe Eating Guidelines on page 4, except for Lake Michigan and Green Bay see page 8.					



Guidelines for everyone (PCBs)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Badfish Creek in Dane County and Oregon Branch below Schneider Road					
Carp			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Fox River from Portage downstream to, but not including, Buffalo Lake					
Black crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp				All sizes	
Smallmouth bass			All sizes		
White sucker			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Fox River at Buffalo Lake					
Carp				All sizes	
Panfish		All sizes			
Other species	Follow the  Safe Eating Guidelines on page 4				
Lake Mendota					
Carp			Over 23"		
Other species	Follow the  Safe Eating Guidelines on page 4				
Lake Monona and Lake Winona					
Carp			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Mississippi River Pool 9					
Buffalo			All sizes		
Carp			Over 25"		
Other species	Follow the  Safe Eating Guidelines on page 4				
Mississippi River Pools 10, 11, and 12					
Carp			Over 25"		
Other species	Follow the  Safe Eating Guidelines on page 4				
Portage Canal					
Carp			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Wisconsin River from Wisconsin Dells Dam downstream to Prairie du Sac Dam (including Lake Wisconsin)					
Carp			All sizes		
Lake sturgeon			Under 70"	Over 70"	
Other species	Follow the  Safe Eating Guidelines on page 4				
Wisconsin River from Prairie du Sac Dam downstream to the confluence with the Mississippi River					
Carp			Over 20"		
Lake sturgeon			Under 70"	Over 70"	
Other species	Follow the  Safe Eating Guidelines on page 4				

For all other species/sizes in these waters and other waters in these counties, follow the  Safe Eating Guidelines on page 4.



Guidelines for everyone (PCBs)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Cedar Creek from Bridge Road in Cedarburg downstream to Milwaukee River (includes Zeunert Pond)					
ALL SPECIES					ALL SIZES
Fox (IL) River, including Lake Tichigan					
Carp			All sizes		
Channel catfish			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Lac La Belle					
Buffalo			All sizes		
Other species	Follow the  Safe Eating Guidelines on page 4				
Milwaukee River from the City of Grafton downstream to Estabrook Falls, including Lincoln Creek					
Black crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp					All sizes
Channel catfish				All sizes	
Largemouth bass			All sizes		
Northern pike			All sizes		
Redhorse			All sizes		
Rock bass		All sizes			
Smallmouth bass			All sizes		
Walleye			All sizes		
Trout and salmon	Follow Lake Michigan advice page 8				
Milwaukee River from Estabrook Falls downstream to harbor mouth at Lake Michigan and the Menomonee and Kinnickinnic Rivers					
Black crappie				All sizes	
Bluegill			All sizes		
Bullhead			All sizes		
Carp					All sizes
Channel catfish			All sizes		
Northern pike			All sizes		
Redhorse				All sizes	
Rock bass			All sizes		
Smallmouth bass			All sizes		
Walleye			Under 22"	Over 22"	
White sucker				All sizes	
Yellow perch		All sizes			
Trout and salmon	Follow Lake Michigan advice page 8				

For all other waters in these counties not listed here, follow the  Safe Eating Guidelines on page 4, except for Lake Michigan see page 8.

Continued on next page →

Guidelines for everyone (PCBs)

Waterbody Species	Unrestricted	Up to 1 meal per week	Up to 1 meal per month	Up to 6 meals per year	DO NOT EAT
Pike River from Carthage College in the City of Kenosha downstream to the mouth at Lake Michigan					
Carp			All sizes		
Largemouth bass			All sizes		
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
Root River from Horlicks Dam in Racine downstream to Lake Michigan					
Carp					All sizes
Trout and salmon	Follow Lake Michigan advice page 8				
Other species	Follow the  Safe Eating Guidelines on page 4				
Sheboygan River from dam in Sheboygan Falls downstream to the mouth at Lake Michigan					
ALL RESIDENT SPECIES					ALL SIZES
Trout and salmon	Follow Lake Michigan advice page 8				

Guidelines for women under 50 & children under 15 (mercury)

Up to 1 meal per month

DO NOT EAT

Guidelines for women over 50 & men (mercury)

Waterbody

Up to 1 meal per week

Up to 1 meal per month

Big Elkhart Lake

Walleye over 19"

For other species in this lake, follow the  Safe Eating Guidelines on page 4

For all other waters in these counties not listed here, follow the  Safe Eating Guidelines on page 4, except for Lake Michigan see page 8.

For Lake Michigan advice, see page 8.



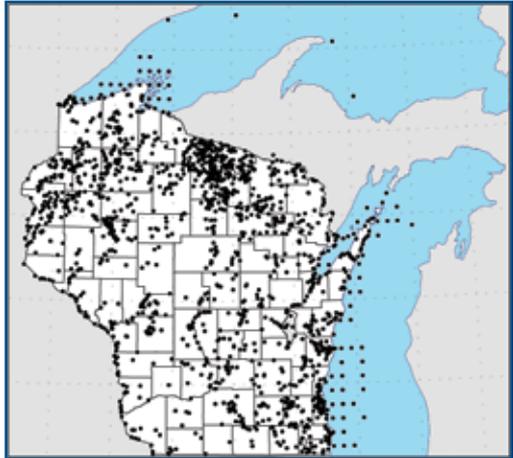
Jim McEvoy

Where are fish tested for contaminants?

Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New sites are tested each year, along with some previously tested waters to determine trends in contaminant levels.

Wisconsin is rich in water resources. There are nearly 15,000 lakes and 32,000 miles of rivers located within the state, as well as Lakes Michigan and Superior and the Mississippi River on its borders. Since testing began, over 1700 sites have been tested. The state focuses its sampling program in:

- ✓ waters with known or suspected pollution;
- ✓ lakes that may be susceptible to mercury contamination;
- ✓ popular angling waters;
- ✓ waters where changes with time are being tracked.



The map shows locations from which fish were sampled at least once for contaminant analysis up to 2013. **You can still eat fish from waters that have not yet been tested – just follow the Safe Eating Guidelines on page 4.**

Who created these guidelines?

Wisconsin's fish consumption advice is based on the work of public health, water quality and fisheries experts from eight Great Lakes states and the Canadian province of Ontario. Based on the best available evidence, these scientists determined how much fish is safe to eat over a lifetime based on the amount of contaminants found in the fish and how those contaminants affect human health. Health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on healthy development of babies and children.

PCBs have been shown to cause cancer in animals. The risk of developing cancer as a result of eating contaminated fish is very small and varies depending on your genetic susceptibility and general health, and on the amount of contaminated fish eaten over a lifetime. Using methods developed by the U.S Environmental Protection Agency (EPA), it is estimated that among 10,000 people who follow this advisory over their lifetime, no more than one additional cancer case should occur.

All about PCBs

<p>What are they? Where do they come from?</p>	<p>Polychlorinated biphenyls (PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils and hydraulic fluids. Manufacture of PCBs was banned in the US in 1979. However, because PCBs are slow to break down in the environment they remain a problem.</p>
<p>What water bodies contain PCBs?</p>	<p>PCBs released into the environment accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use are more likely to have PCB contaminated fish than inland lakes. This is because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.</p>
<p>What types of fish contain the most PCBs?</p>	<p>Fish absorb PCBs from contaminated sediments suspended in the water and from their food. The amount of PCBs found in fish varies depending on species, age, size, fat content and diet. Larger and older fish will contain more contaminants than smaller younger fish. PCBs accumulate in the fat of fish. Therefore fatty fish like carp and catfish may contain higher levels of PCBs.</p>
<p>Where is it found in fish?</p>	<p>Fortunately you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch to reduce fatty tissue (see page 2).</p> <p>Cooking does not destroy PCBs but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil grill or bake the trimmed skinned fish on a rack so the fat drips away. Do not use the drippings to prepare sauce or gravies.</p>
<p>What is its effect on human health?</p>	<p>Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. Infants and children of women who have eaten a lot of contaminated fish may have lower birth weights and be delayed in physical development and learning. PCBs may affect reproductive function and the immune system and are also associated with cancer risk. Once eaten, PCBs are stored in body fat for many years. Each time you ingest PCBs the total amount of PCB in your body increases.</p>

Can I eat crayfish and turtles?

If you plan to eat crayfish and snapping turtles from Wisconsin, follow applicable harvest rules and regulations. Clams may no longer be harvested from Wisconsin waters.

These and other animals can also accumulate contaminants, but the levels aren't necessarily the same as in fish. Snapping turtles have very defined fat deposits that can be removed during cleaning to reduce any fat-soluble contaminants that might be present, such as PCBs.

Some sites have "Do Not Eat" warnings for many species of fish. Before catching and dining on wild fare from these sites, it's best to contact a local DNR office for more information.

On pages 7-32 text in **GREEN** represents guidelines based on **PCB** contamination



All about Mercury

What is it? Where does it come from?	Mercury occurs in the environment naturally and as a result of human activity. It is released into the air when rocks erode, volcanoes erupt and soils decompose. It is also released into the air when power plants burn coal, incinerators burn mercury-containing waste and during the production of some chemicals. Airborne mercury attaches itself to water and dust particles and enters lakes and other waters in rain, snow and runoff.
What water bodies contain mercury?	Mercury is found in all waters. Lakes and wetland areas are more likely to contain bacteria which changes the mercury into a form that is easily absorbed by fish and other organisms. Therefore those waters tend to have fish with higher mercury concentrations.
What types of fish contain the most mercury?	All fish contain some mercury. Walleyes and other larger, older predatory fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie and yellow perch, or smaller fish of the same species from the same lake or river. Fish absorb mercury mostly from their food.
Where is it found in fish?	Mercury accumulates throughout the fish, including the part that you eat. Therefore, trimming, skinning, and cooking do not reduce mercury levels in fish.
What is its effect on human health?	Mercury affects the human nervous system. Mercury can damage developing brains of children and may affect a child's behavior and ability to learn. In adults, too much mercury may result in loss of coordination and affect vision, hearing, and speech. Some studies have also found higher rates of heart disease in men who had elevated mercury levels. The human body can eliminate mercury over a period of several weeks. Therefore, spacing your meals out over time will help reduce the amount of mercury in your system.

What about fish parasites and diseases?

Select healthy fish and tissue for eating. Fish that appear normal are safe to eat so long as the fish is properly cooked. You shouldn't eat fish you found dead, decomposing, or that appears sick. Wash your hands after handling fish, especially if they are dead or appear diseased.

On pages 7-32 text in **BLUE** represents guidelines based on mercury contamination

Fish may have parasites, carry viruses or bacteria or have tumors or cysts. Most fish parasites are a normal part of the ecosystem and do not pose a health risk if the fish is thoroughly cooked. **The only parasite in Wisconsin fish that is a concern to humans is the broadfish tapeworm that lives in the muscle of some fish.** If you are pickling fish, use a canning method that includes a boiling water bath to ensure that any tapeworms are killed.

For more information about preventing the spread of fish diseases, see dnr.wi.gov/topic/fishing/fishhealth.



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