

WISCONSIN DEPARTMENT OF NATURAL RESOURCES PFAS FISH CONSUMPTION ADVISORIES

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WHERE

The La Crosse River from Angelo Pond downstream to the Neshonoc Dam, including Perch and Neshonoc lakes, in Monroe and La Crosse counties.

WHAT

A new consumption advisory for black crappie, bluegill, brown trout, largemouth bass, northern pike of one meal per month for everyone and a new advisory for pumpkinseed and yellow perch of one meal per week for everyone.

WHY

Recent sampling shows elevated levels of perfluorooctane sulfonate (PFOS) in the fish tissue of black crappie, bluegill, brown trout, largemouth bass, northern pike, pumpkinseed and yellow perch taken from the La Crosse River. As a result, the Wisconsin Department of Natural Resources (DNR) and the Department of Health Services are recommending a new consumption advisory.

PREVIOUS ADVISORY

The La Crosse River at Angelo Pond had a previous consumption advisory of one meal per week for bluegill for everyone and one meal per month for black crappie, largemouth bass and northern pike. All other species followed the statewide safe-eating guidelines.

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, builds 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.**

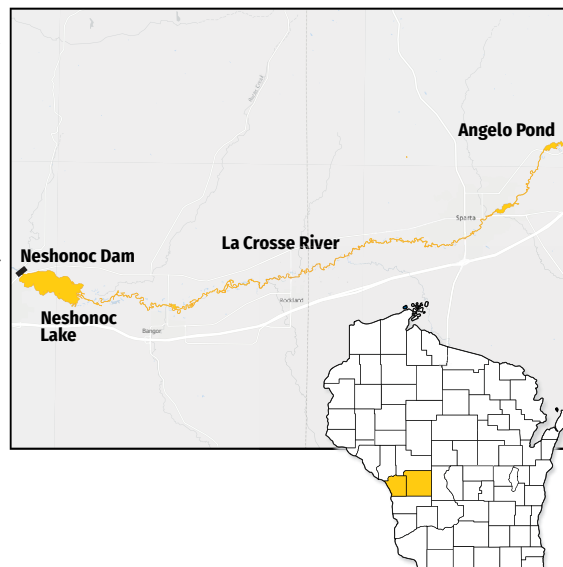
Exposure to high levels of certain PFAS may:

- 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 La Crosse River from Angelo Pond downstream to the Neshonoc Dam

GUIDELINES FOR EVERYONE (PFOS)

Species	Up to 1 meal per week	Up to 1 meal per month
Black crappie		All sizes
Bluegill		All sizes
Brown trout		All sizes
Largemouth bass		All sizes
Northern pike		All sizes
Pumpkinseed	All sizes	
Yellow perch	All sizes	



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