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Michigan releases updated fish consumption guidelines relating to PFAS in Crawford, Kent and Oscoda Counties

LANSING, Mich. – As part of the State of Michigan’s effort to address the emerging contaminant, perfluoroalkyl and polyfluoroalkyl substances (PFAS), the Michigan Department of Health and Human Services (MDHHS) has issued Eat Safe Fish guidelines for fish caught from Freska and Versluis Lakes in Kent County, as well as fish caught from Lake Margrethe and the Au Sable River upstream of the Mio Dam in Crawford and Oscoda Counties.

Fish in these water bodies were tested as a result of the state’s PFAS effort, but mercury testing was included as all fish have some amount of mercury. Guidelines have been set in these water bodies as a result of elevated levels of PFOS and/or mercury. While guidelines may have previously existed for these water bodies due to mercury, the full list of all fish consumption guidance for each water body are included below.

The Eat Safe Fish guidelines are set to be protective for everyone including children and pregnant and breastfeeding women. They are also set to be protective for people with existing health problems such as cancer or diabetes. Eat Safe Fish guidelines are provided as MI Servings. One MI Serving for adults is 6-8 ounces of fish (about the size of an adult’s hand). For children, one MI Serving is 2-4 ounces of fish (about the size of an adult’s palm).

Below are the current fish guidelines for each individual water body. For all other fish from these water bodies, follow the [Statewide Eat Safe Fish Guidelines](#).

Freska Lake

Bluegill, sunfish, largemouth bass, and smallmouth bass filets were collected from Freska Lake in 2017. The filets were tested for PFAS, including PFOS, and mercury. PFOS and mercury was found in all the fish species.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Bluegill	Mercury & PFOS	Any	2
Sunfish	Mercury & PFOS	Any	2
Largemouth and smallmouth bass	Mercury	Under 18"	2
		Over 18"	1

Versluis Lake

Northern pike were collected from Versluis Lake in 2017. The filets were tested for PFAS, including PFOS, and mercury. PFOS and mercury were found in the fish. Additional fish species will be collected from Versluis Lake and tested for PFAS and mercury.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

Lake Margrethe

Bluegill, sunfish, largemouth bass, and smallmouth bass were collected in 2017 from Lake Margrethe. The filets were tested for PFAS, including PFOS, and mercury. PFOS and mercury was found in all of the fish species. Guidelines previously existed for walleye caught from Lake Margrethe.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Bluegill	PFOS	Any	8
Sunfish	PFOS	Any	8
Largemouth and smallmouth bass	Mercury	Under 18"	2
		Over 18"	1
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Au Sable River, Grayling to Mio

Brown trout were collected in 2017 from the Au Sable River upstream of the Mio Dam. The filets were tested for mercury, and PFAS, including PFOS. Mercury and PFOS were found in the fish. Guidelines previously existed for northern pike caught from the Au Sable River upstream of the Mio Dam.

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Brown Trout	Mercury	Any	4
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

The MDHHS updates its Eat Safe Fish Guides annually in the Spring. For current guidelines relating to PFAS contamination in fish, visit www.michigan.gov/pfasresponse. For more information about the Eat Safe Fish guidelines, visit www.michigan.gov/eatsafefish.