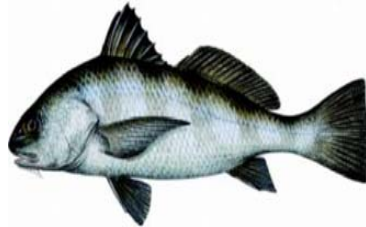
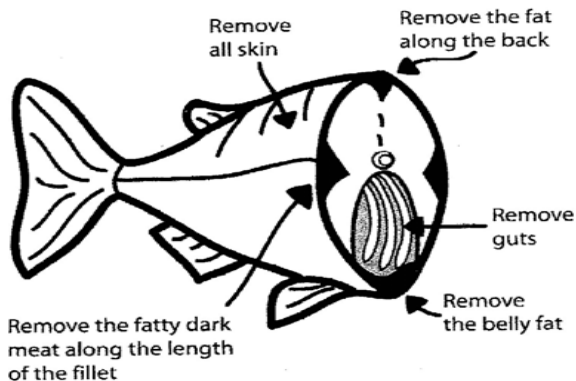


Fish Size and Age

Generally, older and larger fish may be more contaminated than younger, smaller fish.



Fish Cleaning to Reduce Risk



Removing skin and fatty areas reduces some contaminants by 25 to 50%, but does not remove mercury.

Cooking Methods to Reduce Risk

Good Cooking Methods

- Broil
- Bake
- Grill

Okay

- Deep-fat frying (do not re-use oil)

Worst

- Pan frying

For more information

For more information, contact:

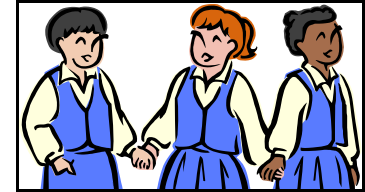
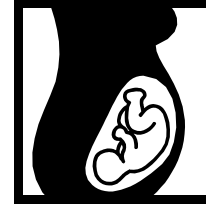
Glynn Environmental Coalition
P. O. Box 2443, Brunswick, GA 31521
(912) 466-0934

Glynn County Health Department
1803 Gloucester St., Rm. 217, Brunswick, GA 31520
(912) 264-3931

Coastal Resources Division, Marine Fisheries Section
One Conservation Way, Brunswick, Georgia 31520
(912) 264-7218

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Women & Young Children

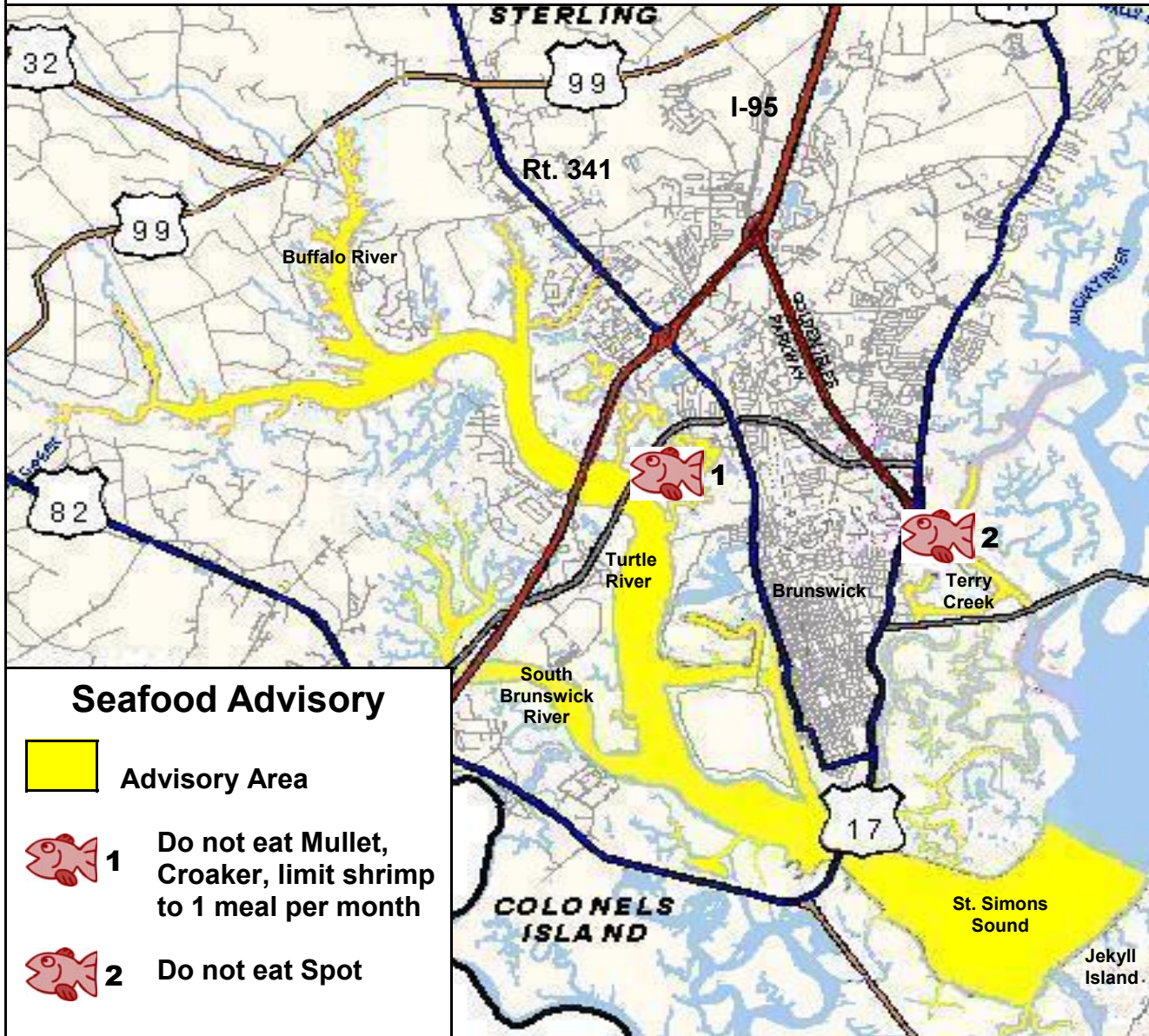


Women who are pregnant or nursing, or may become pregnant, and children under seven should not eat mullet from Glynn County, and limit meals of fish and blue crabs to one per month from areas with fish consumption advisories.

Don't stop eating fish and seafood.

They provide one of the best sources of protein and Omega-3 fatty acids. Get seafood from other sources than advisory areas.

Glynn County Seafood Advisory Areas



Meals Per Month

No Limit
Except Area



1



Shrimp

| MONTH | | | | | | |
|-------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |



Blue Crab



Red Drum (Red Fish)



Flounder



Spotted Seatrout

| MONTH | | | | | | |
|-------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |



Black Drum



Spot



Whiting



Striped Mullet



Sheepshead



Croaker