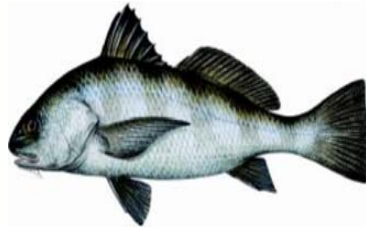
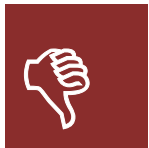
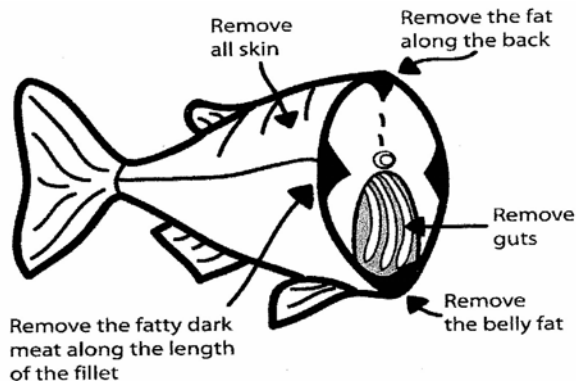


## Fish Size and Age

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

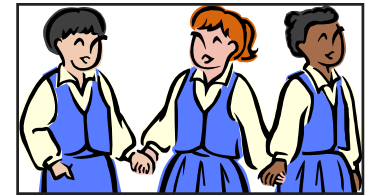
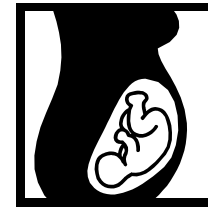
### For more information, contact:

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

## Women & Young Children

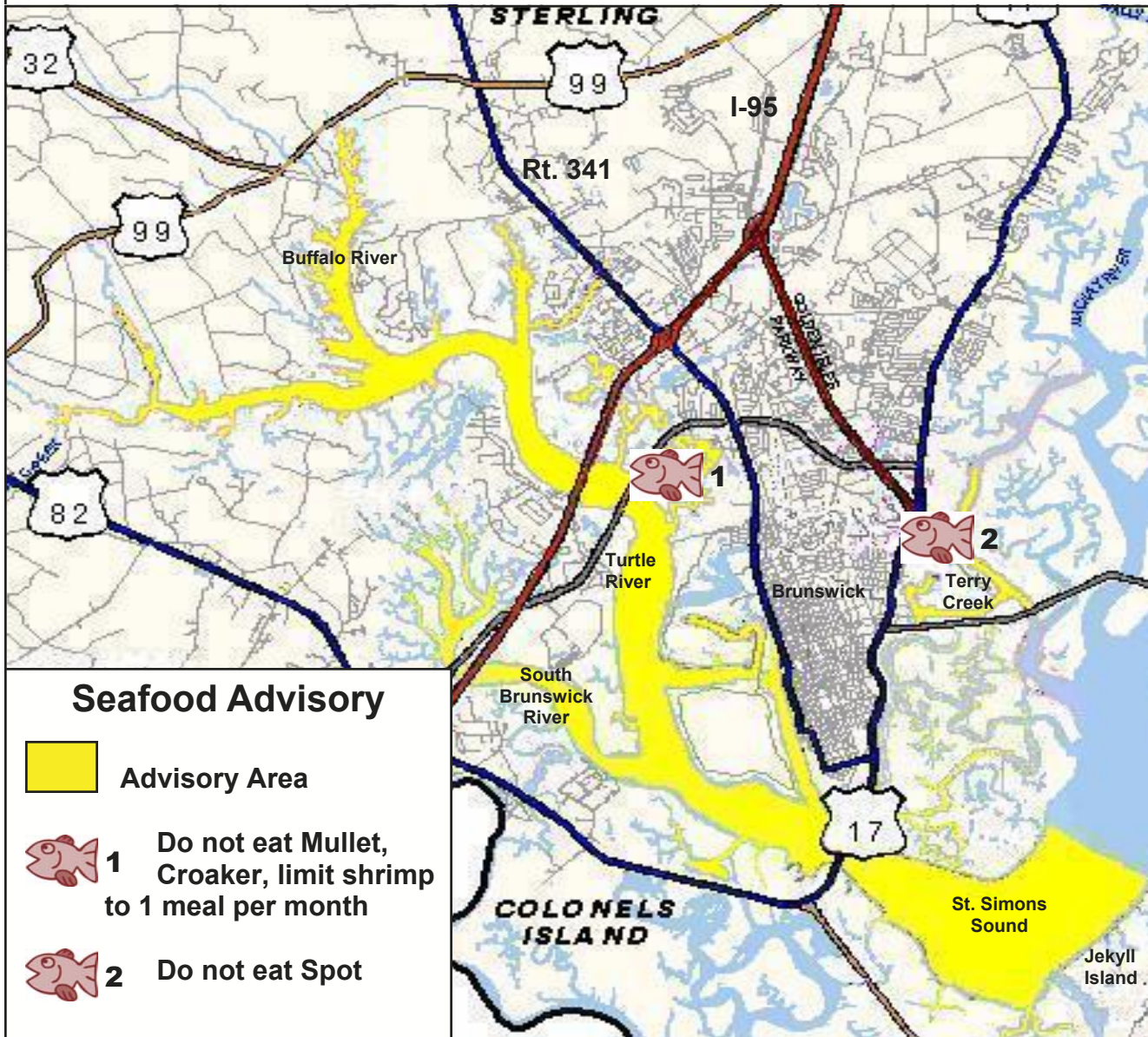


Women who are pregnant or nursing, or may become pregnant, and children under seven should not eat mullet from Glynn County, and limit meals of fish and blue crabs to one per month from areas with fish consumption advisories.

**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 Eating Advisory Areas



## Meals Per Month

No Limit Except Area



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	31				



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	31				



Black Drum



Spot



Whiting



Striped Mullet



Sheepshead



Croaker