



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Bureau of Community and Environmental Health

FISH CONSUMPTION ADVISORY
For Lake Coeur d'Alene

Fish samples taken from the lake in 2002 detected lead, mercury, and arsenic at levels that may affect certain people's health. As a result, pregnant women, breastfeeding mothers, children under 6-years-old and members of the general public are advised to limit the number of kokanee, bullhead, and bass they eat from Lake Coeur d'Alene.

Recommended fish consumption levels are as follows:

Fish	General Population (8 oz meals per month)	Pregnant & Nursing Women (8 oz meals per month)	Children 6 years old and younger (8 oz meals per month)
KOKANEE			
	12 gutted whole fish meals 20 fillet meals	10 gutted whole fish or fillet meals	6 gutted whole fish or fillet meals
BULLHEAD* <i>All people are advised to eat Bullhead fillets rather than gutted, whole fish.</i>			
Northern Lake	20 gutted whole fish meals or 69 fillet meals	4 gutted whole fish meals or 24 fillet meals	3 gutted whole fish meals or 14 fillet meals
Central Lake	8 gutted whole fish meals or 14 fillet meals	2 gutted whole fish meals or 13 fillet meals	No gutted whole fish meals or 7 fillet meals
Southern Lake	33 gutted whole fish meals or 61 fillet meals	13 gutted whole fish meals or 15 fillet meals	8 gutted whole fish meals or 9 fillet meals
BASS			
Northern Lake	13 gutted whole fish meals or 26 fillet meals	5 gutted whole fish meals or 5 fillet meals	3 gutted whole fish meals or 3 fillet meals
Central Lake	15 gutted whole fish meals or 26 fillet meals	6 gutted whole fish meals or 5 fillet meals	3 gutted whole fish meals or 3 fillet meals
Southern Lake	11 gutted whole fish meals or 26 fillet meals	9 gutted whole fish meals or 5 fillet meals	5 gutted whole fish meals or 3 fillet meals

*People, especially children and pregnant women with increased blood lead levels, or living in an area with high concentrations of lead in their yard soil or house dust should eat less whole Bullhead than suggested in this advisory.

More information on back

Other Fish

Not all fish from the lake were sampled and tested for metals. Bass, kokanee, and bullhead are considered to be representative of many fish found in the lake. It is possible that other species of fish in Lake Coeur d'Alene have elevated levels of arsenic, lead and mercury. The following table lists other types of fish found in the lake that are similar in behavior to the fish that were sampled. The same fish consumption guidelines should be followed for these fish.

	Bass	Kokanee	Bullhead
Species similar in behavior to those tested	Largemouth and Smallmouth Bass, Northern Pike, Chinook Salmon, Large (over 8 inches) Crappie and Perch, Northern Pikeminnow	Bluegill, Small (less than 8 inches) Crappie and Perch, Pumpkinseed, Rainbow Trout, Brook Trout, Cutthroat Trout, Tench	Channel Catfish and Suckers.

The Idaho Fish Consumption Advisory divides Lake Coeur d'Alene into the following three regions: Northern end, Central Area, and Southern End. See map below to locate a region.



Idaho Fish Consumption Advisory Program
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