### Glynn County Advisory Area for Fish You Catch and Eat

#### Consumption Guidelines for Advisory Area

<table>
<thead>
<tr>
<th>NO LIMIT – EAT AS OFTEN AS YOU LIKE</th>
<th>EAT ONLY ONCE PER MONTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp*</td>
<td>Spot*</td>
</tr>
<tr>
<td><strong>EAT ONLY ONCE PER WEEK</strong></td>
<td>Black Drum</td>
</tr>
<tr>
<td>Red Drum (Red Fish)</td>
<td>Striped Mullet*</td>
</tr>
<tr>
<td>Blue Crab</td>
<td>Whiting</td>
</tr>
<tr>
<td>Spotted Seatrout</td>
<td>Atlantic Croaker*</td>
</tr>
<tr>
<td>Flounder</td>
<td>Sheepshead</td>
</tr>
</tbody>
</table>

*Purvis and Gibson Creeks and the adjoining area of Turtle River*: Eat Shrimp only once per month; Do not eat Atlantic Croaker or Spot or Striped Mullet; *Terry and Dupree Creeks*: Do not eat Spot; **Buffalo River**: Do not eat Striped Mullet.
Reduce Risk from Fish You Catch and Eat

Fish Cleaning to Reduce Risk

- Remove all skin
- Remove the fat along the back
- Remove guts
- Remove the fatty dark meat along the length of the fillet
- Remove the belly fat

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

Good

Broiling
Baking
Grilling

Okay

Deep-fat frying (do not reuse oil)

POOR

Pan frying

Cooking Methods to Reduce Risk

Fish Age & Size
Generally, older and larger fish may be more contaminated than younger, smaller fish.

Women and Small Children
Children under seven and women who are pregnant, nursing, or may become pregnant should:

- not eat mullet from advisory areas
- limit meals of fish and blue crabs to one per month from advisory areas

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.

For More Information

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

Glynn County Health Department
150 Scranton Connector
Brunswick, GA 31525
(912) 262-2300

Georgia Department of Natural Resources
One Conservation Way
Brunswick, GA 31520
(912) 262-7218

Program support provided by:

Public Service & Outreach
The University of Georgia

Sea Grant
Georgia