



Some Common Fish Found in King County's Marine and Freshwaters



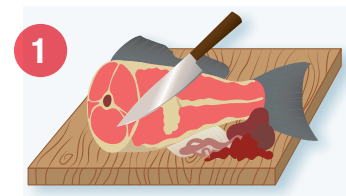
Everyone should eat fish and shellfish as part of a healthy diet. They are nutritious and full of Omega-3s - good for your heart and brain. Going fishing can be relaxing and fun for the family!

In some places, contaminants (like mercury or PCBs) in the water can build up in seafood. Some types of seafood have more contaminants than others.

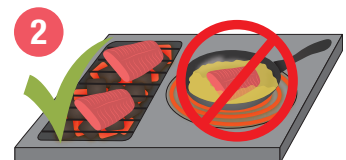
Look inside for Washington Department of Health's advice on healthy seafood choices at common fishing places in King County.

This advice is for everyone. It is especially important for pregnant women, women who may become pregnant, nursing mothers, and children.

What You Can Do



1 Remove fat and skin of fish. Discard internal organs of fish and crab.



2 Grill, bake, broil, or steam so fat drips off. DON'T use fat drippings for sauces or soups.

3 Eat younger, smaller fish (within legal limits).

4 Eat a variety of fish from different places.

5 Follow recommended number of servings per week or month. Example: If you eat 2-3 servings of rainbow trout this week, do not eat other seafood (caught or bought).

Keep Up To Date



Fishing License, Regulations & Seasons
1-360-902-2500
fishregs@dfw.wa.gov
<http://wdfw.wa.gov/fishing/regulations>



Fish Consumption Advisories
1-877-485-7316
www.doh.wa.gov/fish



Current Beach Closures for Shellfish Digging
1-800-562-5632
www.doh.wa.gov/shellfishsafety.htm



Current Toxic Algae Blooms in Lakes
Washington State Toxic Algae Program
<https://www.nwtoxicalgae.org/>

PROTECT YOUR HEALTH



Fish for Healthy Seafood Choices



KING COUNTY SALTWATER & RIVERS MAP

Also available: KING COUNTY LAKES MAP



Public Health
Seattle & King County

Fish for Healthy Seafood Choices

Saltwater and Rivers

Special Advice for Elliott Bay

2-3 Meals per Week	or	1 Meal per Week	or	2 Meals per Month	or	Do Not Eat
Salmon <i>Chum, Coho, Pink, Sockeye</i> Red Rock Crab Spot Prawn (2)		Chinook Salmon Lingcod Squid		Blackmouth Salmon Flatfish <i>Sole, Sanddab, Flounder</i> Dungeness Crab		Rockfish <i>Brown, Quillback, Copper</i> Clams Mussels Oysters Scallops

EB1
Elliott Bay Fishing Pier at Terminal 86
(Centennial Park)
2711 Alaskan Wy
Seattle

EB2
Seattle Waterfront Park/ Aquarium
(Pier 57-Pier 59)
1301 Alaskan Wy
Seattle

EB3
Seacrest Park Pier at Alki Beach,
1660 Harbor Ave SW
Seattle

Special Advice for Puget Sound

2-3 Meals per Week	or	1 Meal per Week	or	2 Meals per Month	or	Do Not Eat
Salmon <i>Chum, Coho, Pink, Sockeye</i> English Sole Starry Flounder Rock Sole Dungeness Crab Red Rock Crab Spot Prawn		Chinook Salmon Rockfish <i>Brown, Quillback, Copper</i> Cabezon Lingcod Coastal Cutthroat Pacific Halibut Shiner Perch Squid		Blackmouth Salmon		Rockfish <i>Yelloweye, Canary</i>

PS1
Golden Gardens Park
8498 Seaview Pl NW
Seattle

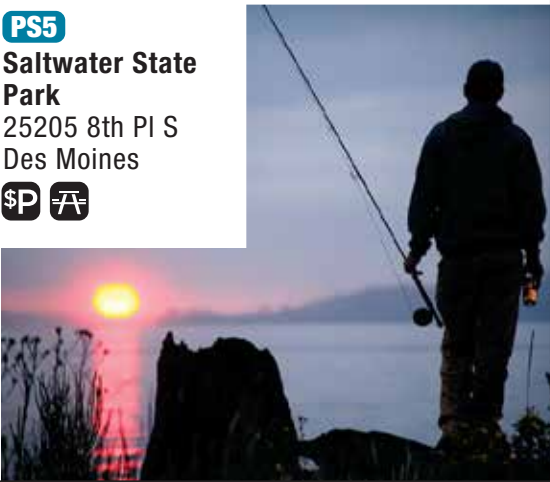
PS2
Shilshole Marina Pier
(Eddie Vine Boat Ramp)
8801 Seaview Pl NW
Seattle

PS3
Lincoln Park
8011 Fauntleroy Wy SW, Seattle

PS4
Des Moines Pier
22307 Dock Ave
Des Moines

PS5
Saltwater State Park
25205 8th Pl S
Des Moines

PS6
Redondo Pier
Redondo Beach Dr & Redondo Way
Des Moines





Special Advice for Lower Duwamish River

2-3 Meals per Week	or	1 Meal per Week	or	2 Meals per Month	or	Do Not Eat
Salmon <i>Chum, Coho, Pink, Sockeye</i>		Chinook Salmon		Blackmouth Salmon		Starry Flounder English Sole Perch Rockfish Crab Clams Mussels

DR1
Spokane Street Bridge
(Southwest Bridge)
SW Spokane St
Seattle

DR2
T-105 Fishing Pier
(Terminal 105 Park)
4260 W Marginal Wy SW
Seattle

General Advice for Other Common Rivers

2-3 Meals per Week	or	1 Meal per Week	or	Meals per Month	or	Do Not Eat
Salmon <i>Sockeye</i> Cutthroat Trout Rainbow Trout		Other Game Fish (see WDFW regulations)		Largemouth & Smallmouth Bass See Legend*		Northern Pike/minnow

GR
Green River
Old Fishing Hole
24945 Frager Rd, Kent

SnR
Snoqualmie River
Tolt-MacDonald Park
31023 NE 40th St, Carnation

Legend

Fishing Site Amenities

- Bus Stop Nearby
- Paid Parking
- Fishing Pier
- Motor Boat Launch
- Picnic Area
- Playground
- Lake Stocked with Rainbow Trout

Fish Consumption Advice

Fish is healthy to eat 2-3 meals per week

Limit to 1 meal per week

Caution

- * Largemouth Bass
- * Smallmouth Bass

18-45 1-17 2 servings per month

46+ 18+ 5 servings per month

Do not eat due to high contaminants

Serving (Meal) Size

One serving is about the size and thickness of your hand. Give children smaller servings.

Adult

Child