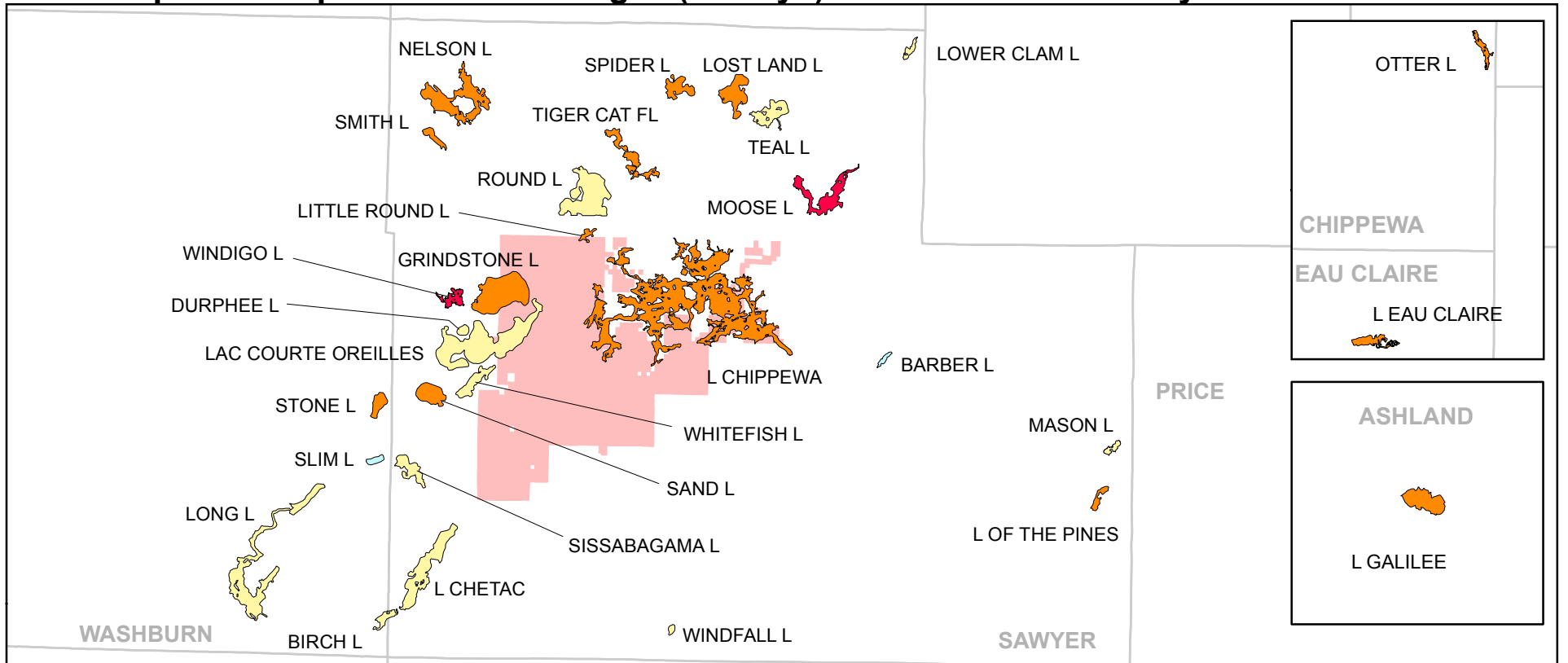
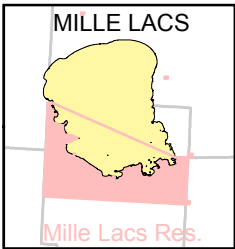


This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by Lac Courte Oreilles



MAP FOR USE BY PREGNANT WOMEN, WOMEN OF CHILDBEARING AGE, AND CHILDREN UNDER 15 YEARS OF AGE.
DO NOT EAT OGAA LARGER THAN 20 INCHES.
EAT OGAA LESS THAN 20 INCHES AND CHOOSE EVEN SMALLER OGAA TO FURTHER REDUCE MERCURY EXPOSURE.



Funding for these maps was provided by the Environmental Protection Agency (EPA).

GLIFWC: February 2016



0 1.25 2.5 5 7.5 10 Miles

For Ogaa Smaller than 20 Inches:

- Eat up to 8 meals or 64 ounces per month.
- Eat up to 4 meals or 32 ounces per month.
- Eat up to 2 meals or 16 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.
- Not enough information available.

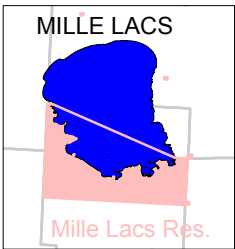
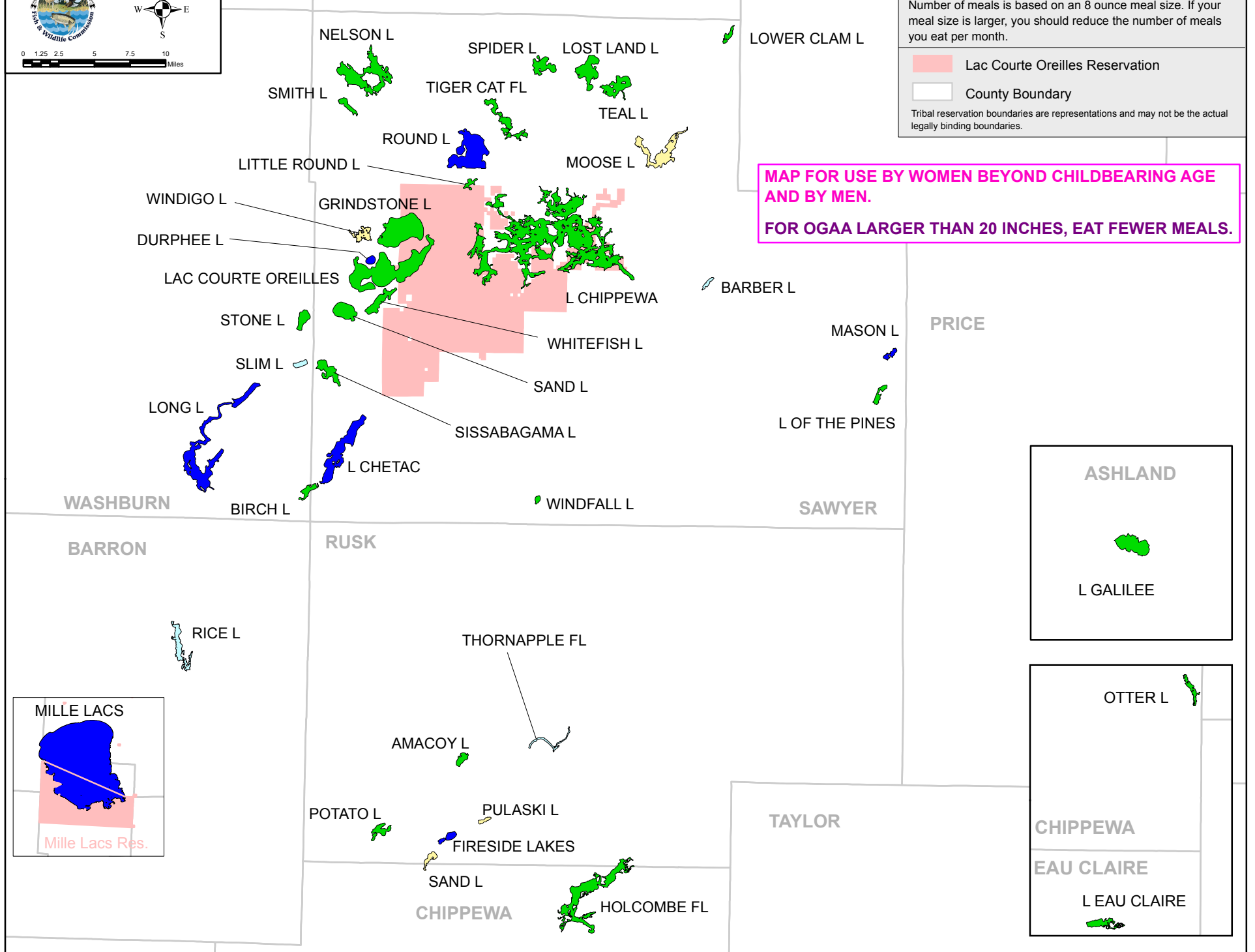
Number of meals is based on an 8 ounce meal size. If your meal size is larger, you should reduce the number of meals you eat per month.

■ Lac Courte Oreilles Reservation

County Boundary

Tribal reservation boundaries are representations and may not be the actual legally binding boundaries.

MAP FOR USE BY WOMEN BEYOND CHILDBEARING AGE AND BY MEN.
FOR OGAA LARGER THAN 20 INCHES, EAT FEWER MEALS.



Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Lac Courte Oreilles

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Ogaa*:

- Put *ogaa* under 20 inches in bags labeled “under 20 inches.”
- Put *ogaa* over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

USING THIS CHART TO FIND SAFER GIIGOONH

MAXIMUM NUMBER OF MEALS PER MONTH

Advice is for all lakes combined. For example, if you eat four meals in a month from green lakes you should not eat any other meals of *ogaa* in that month.

MEAL SIZE

Meal size is based on 8 ounces. An average 19 inch *ogaa* will have 8 ounces of meat. If your meal size is larger you should eat fewer meals of *ogaa*. If it is smaller you can eat more meals of *ogaa*.

OTHER GIIGOONH

Giigoonh such as muskellunge, largemouth bass, smallmouth bass, and northern pike will have more mercury than *giigoonh* such as lake whitefish, herring, bluegill, sunfish, crappie or perch. Try to choose safer *giigoonh*.

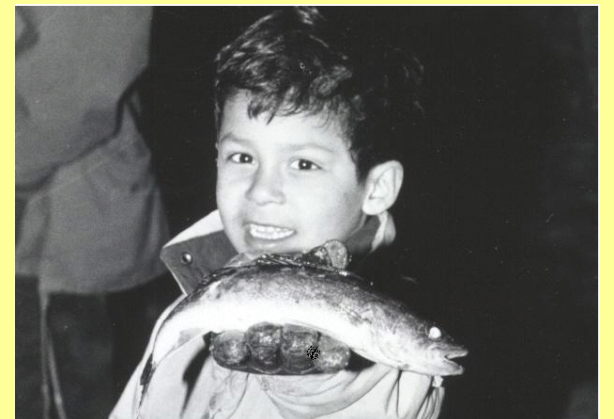
LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
		Maximum number of meals per month	Maximum number of meals per month
AMACOY L	RUSK	1	4
BARBER L	SAWYER	Not Enough Information	
BIRCH L	WASHBURN	2	4
DUPHREE L	SAWYER	2	8
FIRESIDE LAKES	RUSK	2	8
GRINDSTONE L	SAWYER	1	4
HOLCOMBE FL	CHIPPEWA	1	4
L CHETAC	SAWYER	2	8
L CHIPPEWA	SAWYER	1	4
L EAU CLAIRE	EAU CLAIRE	1	4
L GALILEE	ASHLAND	1	4
L OF THE PINES	SAWYER	1	4
LAC COURTE ORIELLES	SAWYER	2	4
LITTLE ROUND L	SAWYER	1	4
LONG L	WASHBURN	2	8
LOST LAND L	SAWYER	1	4
LOWER CLAM L	SAWYER	2	4
MASON L	SAWYER	2	8
MILLE LACS	MILLE LACS	2	8
MOOSE L	SAWYER	0	2
NELSON L	SAWYER	1	4
OTTER L	CHIPPEWA	1	4
POTATO L	RUSK	1	4
PULASKI L	RUSK	0	2
RICE L	BARRON	Not Enough Information	
ROUND L	SAWYER	2	8
SAND L	RUSK	0	2
SAND L	SAWYER	1	4
SISSABAGAMA L	SAWYER	2	4
SLIM L	WASHBURN	Not Enough Information	
SMITH L	SAWYER	1	4
SPIDER L	SAWYER	1	4
STONE L	WASHBURN	1	4
TEAL L	SAWYER	2	4
THORNAPPLE FL	RUSK	Not Enough Information	
TIGER CAT FL	SAWYER	1	4
WHITEFISH L	SAWYER	2	4
WINDFALL L	SAWYER	2	4
WINDIGO L	SAWYER	0	2

For many native people, *giigoonh* are part of a traditional and healthy diet. If you rely on *giigoonh*, choose safer *giigoonh* with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of *giigoonh* a month may reduce your risk of death due to heart disease.



If you have questions about finding safer *ogaa*, call GLIFWC at 1-715-682-6619.

To learn more about mercury in *ogaa*, visit GLIFWC's website at www.glifwc.org/Mercury/mercury.html