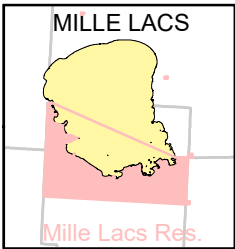
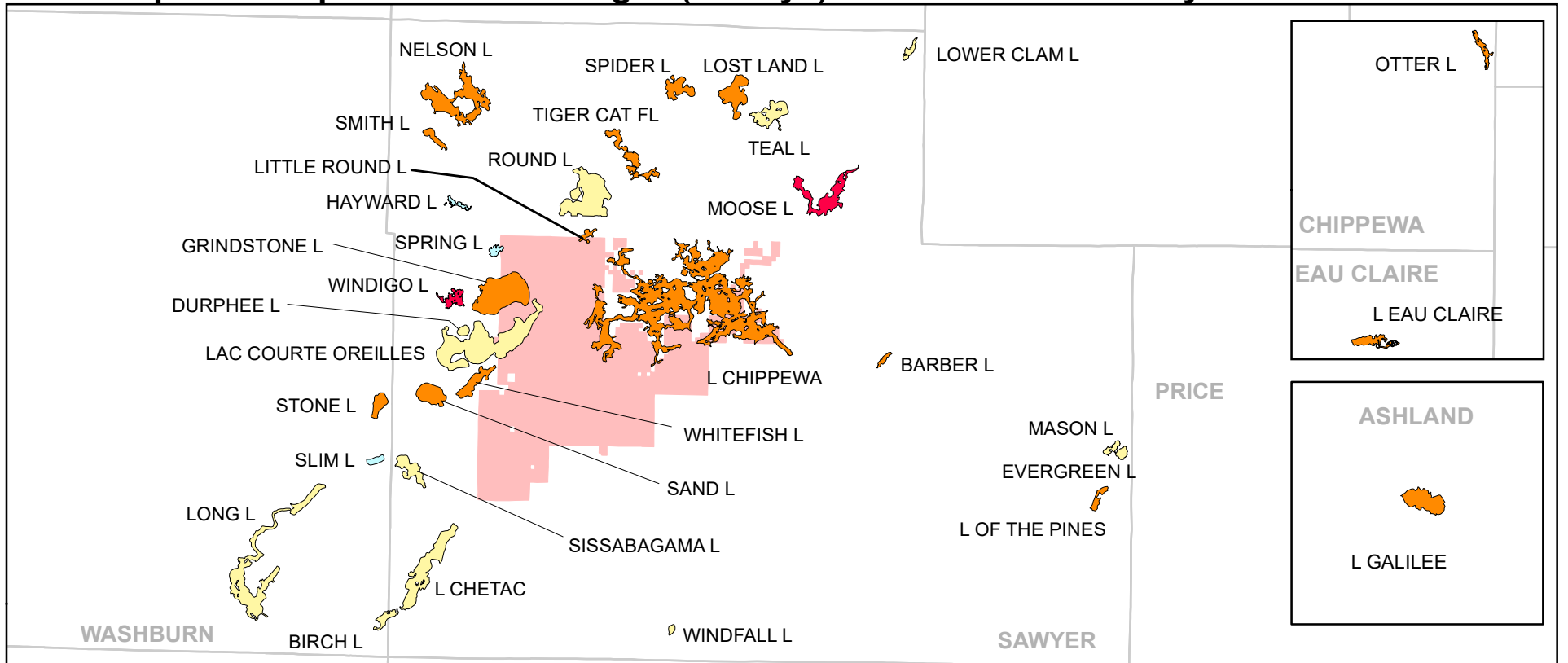


This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by Lac Courte Oreilles

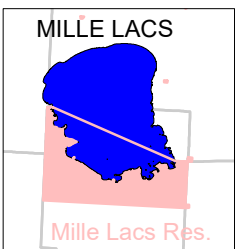
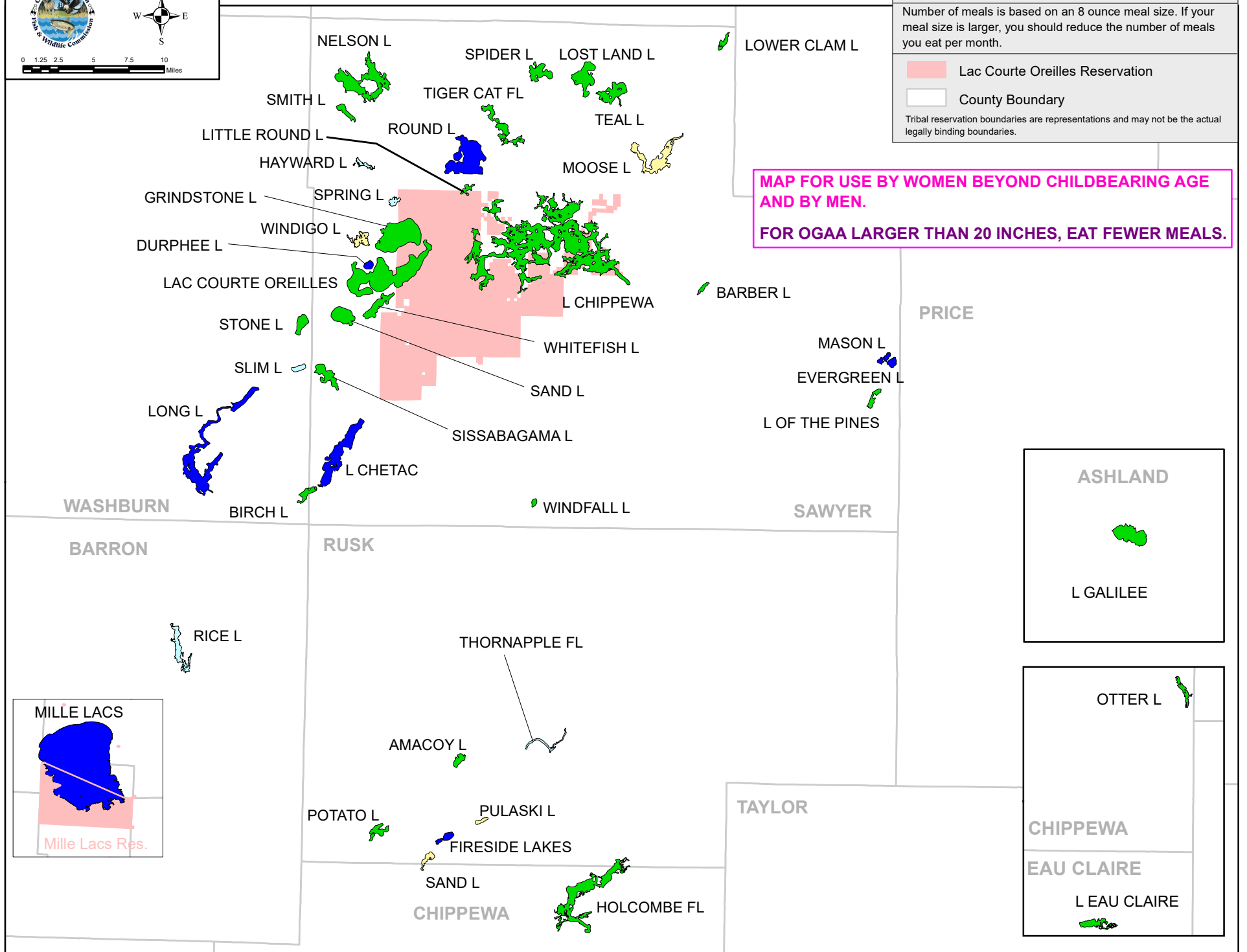


Funding for these maps was provided by the Environmental Protection Agency (EPA).

GLIFWC: February 2020



0 1.25 2.5 5 7.5 10 Miles



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*.

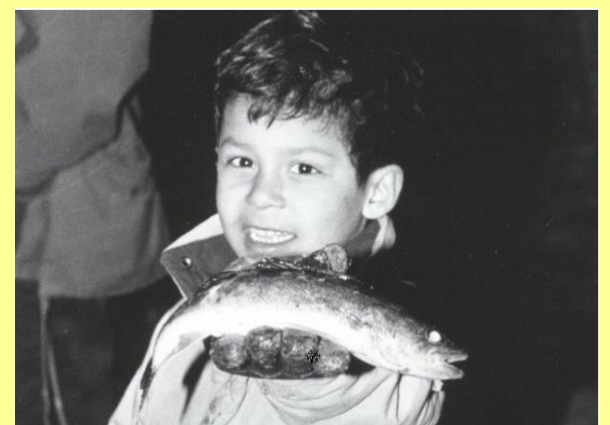
| LAKE | COUNTY | Women of childbearing age and children less than 15 | Women beyond childbearing years and men 15 and older |
|---------------------|------------|---|--|
| | | Maximum number of meals per month | Maximum number of meals per month |
| AMACOY L | RUSK | 1 | 4 |
| BARBER L | SAWYER | 1 | 4 |
| BIRCH L | WASHBURN | 2 | 4 |
| DURPHEE L | SAWYER | 2 | 8 |
| EVERGREEN L | SAWYER | 2 | 8 |
| FIRESIDE LAKES | RUSK | 2 | 8 |
| GRINDSTONE L | SAWYER | 1 | 4 |
| HAYWARD L | SAWYER | Not Enough Information | |
| 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 | SAWYER | 1 | 4 |
| SPRING L | SAWYER | Not Enough Information | |
| 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 | 1 | 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