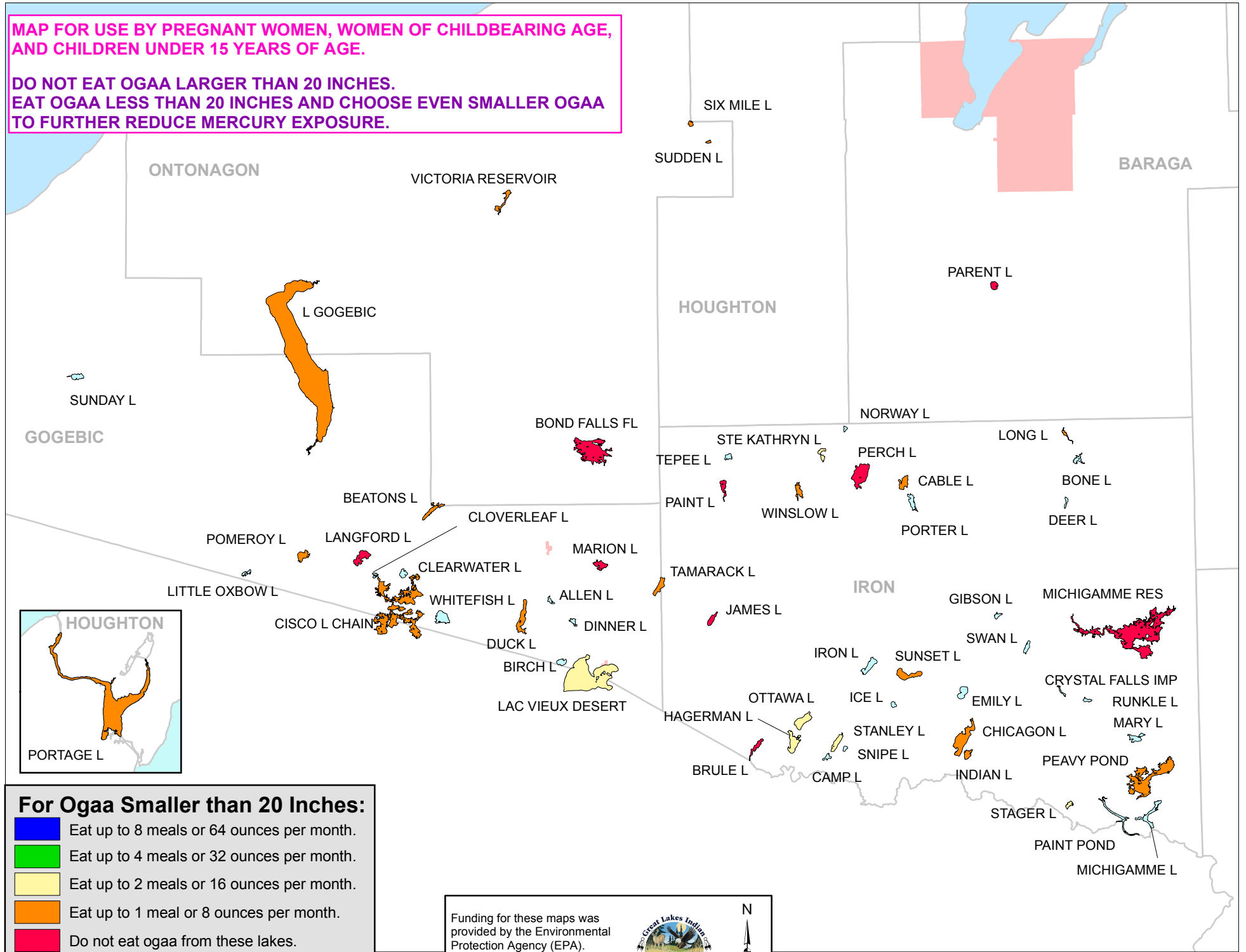


This Map is to Help You Find Safe Ogaa (Walleye) in Select Walleye Lakes in the Michigan 1842 Ceded Territory

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.



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.

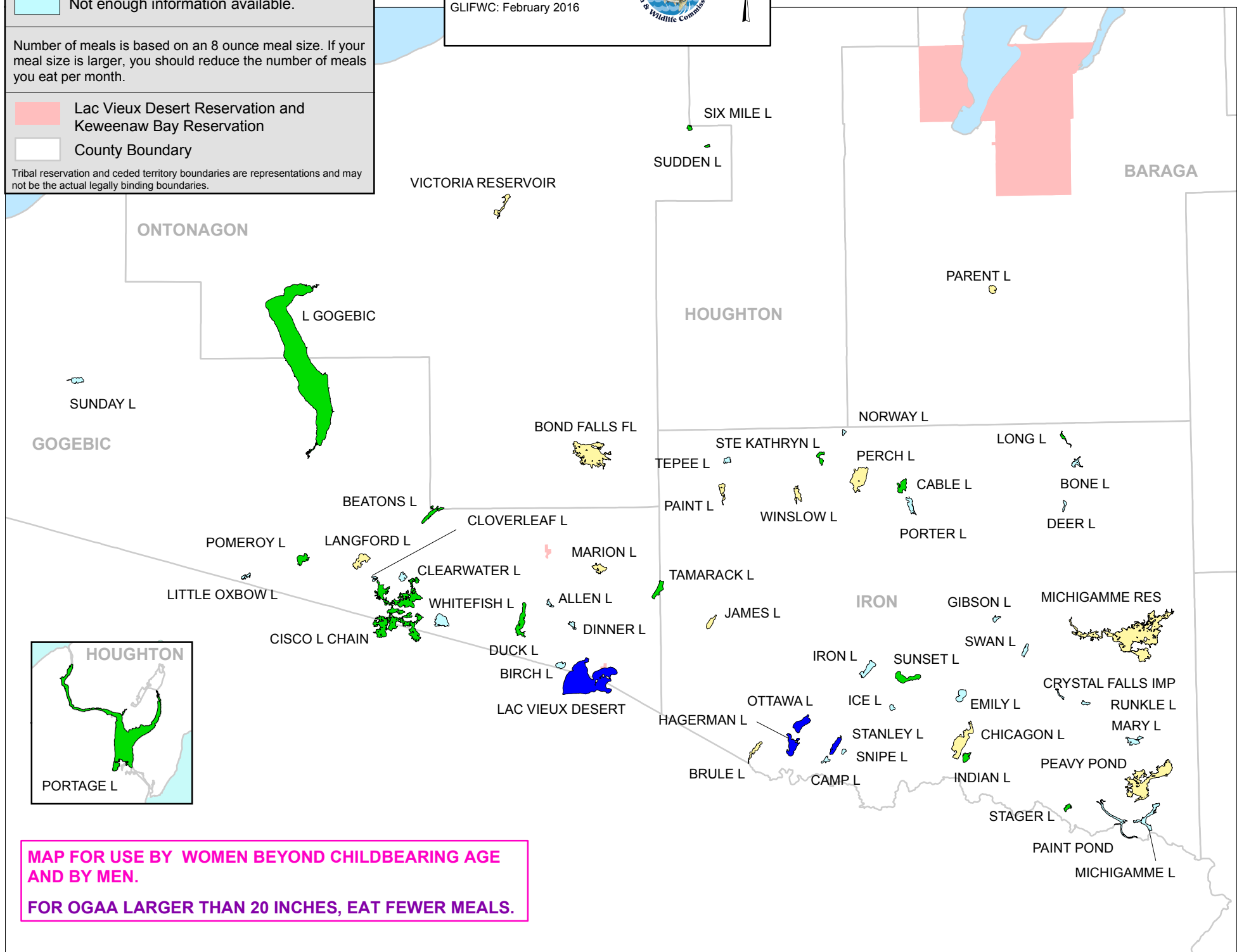
Number of meals is based on an 8 ounce meal size. If your meal size is larger, you should reduce the number of meals you eat per month.

- Lac Vieux Desert Reservation and Keweenaw Bay Reservation
- County Boundary

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

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

GLIFWC: February 2016



MAP FOR USE BY WOMEN BEYOND CHILDBEARING AGE AND BY MEN.

FOR OGAA LARGER THAN 20 INCHES, EAT FEWER MEALS.

Recommended Maximum Number of Oгаа Meals per Month for Select Walleye Lakes in the Michigan 1842 Ceded Territory

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Oгаа*:

- 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
ALLEN L	GOGEBIC	Not Enough Information	Not Enough Information
BEATONS L	GOGEBIC	1	4
BIRCH L	GOGEBIC	Not Enough Information	Not Enough Information
BOND FALLS FL	ONTONAGON	0	2
BONE L	IRON	Not Enough Information	Not Enough Information
BRULE L	IRON	0	2
CABLE L	IRON	1	4
CAMP L	IRON	Not Enough Information	Not Enough Information
CHICAGON L	IRON	1	2
CISCO L CHAIN	GOGEBIC	1	4
CLEARWATER L	GOGEBIC	Not Enough Information	Not Enough Information
CLOVERLEAF L	GOGEBIC	Not Enough Information	Not Enough Information
CRYSTAL FALLS IMP	IRON	Not Enough Information	Not Enough Information
DEER L	IRON	Not Enough Information	Not Enough Information
DINNER L	GOGEBIC	Not Enough Information	Not Enough Information
DUCK L	GOGEBIC	1	4
EMILY L	IRON	Not Enough Information	Not Enough Information
GIBSON L	IRON	Not Enough Information	Not Enough Information
HAGERMAN L	IRON	2	8
ICE L	IRON	Not Enough Information	Not Enough Information
INDIAN L	IRON	1	4
IRON L	IRON	Not Enough Information	Not Enough Information
JAMES L	IRON	0	2
L GOGEBIC	GOGEBIC	1	4
LAC VIEUX DESERT	GOGEBIC	2	8
LANGFORD L	GOGEBIC	0	2
LITTLE OXBOW L	GOGEBIC	Not Enough Information	Not Enough Information
LONG L	IRON	1	4
MARION L	GOGEBIC	0	2

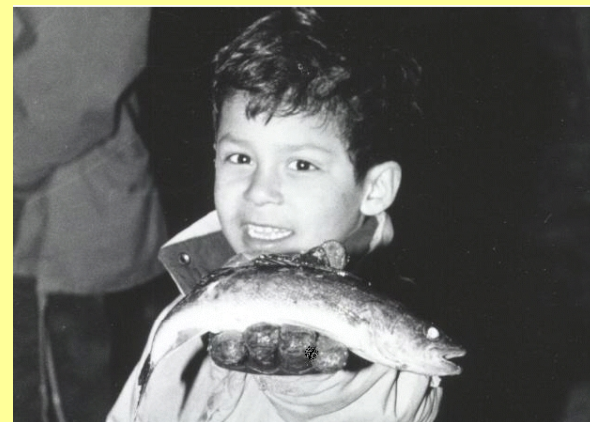
LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
MARY L	IRON	Not Enough Information	Not Enough Information
MICHIGAMME L	IRON	Not Enough Information	Not Enough Information
MICHIGAMME RES	IRON	0	2
NORWAY L	IRON	Not Enough Information	Not Enough Information
OTTAWA L	IRON	2	8
PAINT L	IRON	0	2
PAINT POND	IRON	Not Enough Information	Not Enough Information
PARENT L	BARAGA	0	2
PEAVY POND	IRON	1	2
PERCH L	IRON	0	2
POMEROY L	GOGEBIC	1	4
PORTAGE L	HOUGHTON	1	4
PORTER L	IRON	Not Enough Information	Not Enough Information
RUNKLE L	IRON	Not Enough Information	Not Enough Information
SIX MILE L	ONTONAGON	1	4
SNIPE L	IRON	Not Enough Information	Not Enough Information
STAGER L	IRON	2	4
STANLEY L	IRON	2	8
STE KATHRYN L	IRON	2	4
SUDDEN L	ONTONAGON	1	4
SUNDAY L	GOGEBIC	Not Enough Information	Not Enough Information
SUNSET L	IRON	1	4
SWAN L	IRON	Not Enough Information	Not Enough Information
TAMARACK L	GOGEBIC	1	4
TEPEE L	IRON	Not Enough Information	Not Enough Information
VICTORIA RES	ONTONAGON	1	2
WHITEFISH L	GOGEBIC	Not Enough Information	Not Enough Information
WINSLOW L	IRON	1	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 oгаа, call GLIFWC at 1-715-682-6619.
To learn more about mercury in oгаа, visit GLIFWC’s website at www.glifwc.org/Mercury/mercury.html**