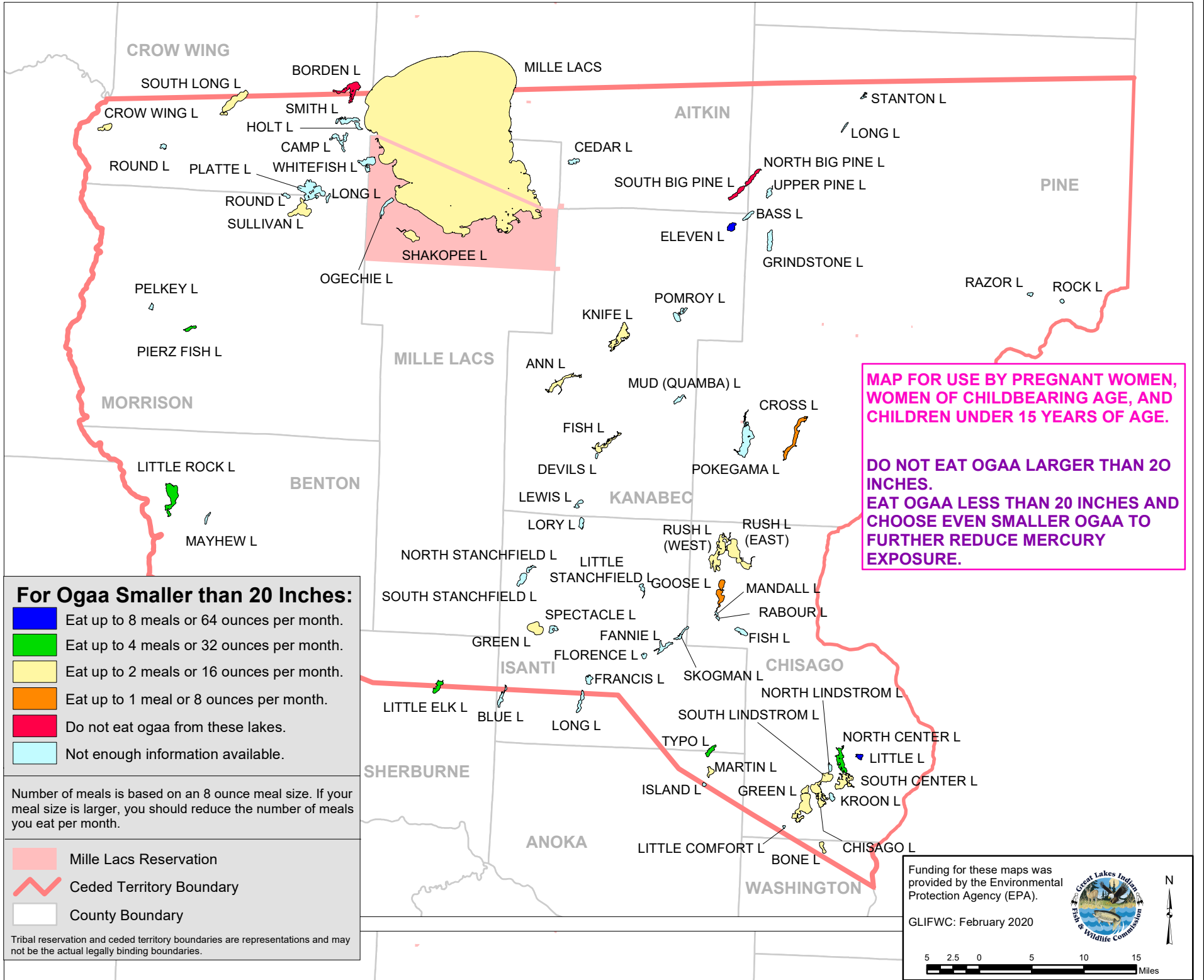
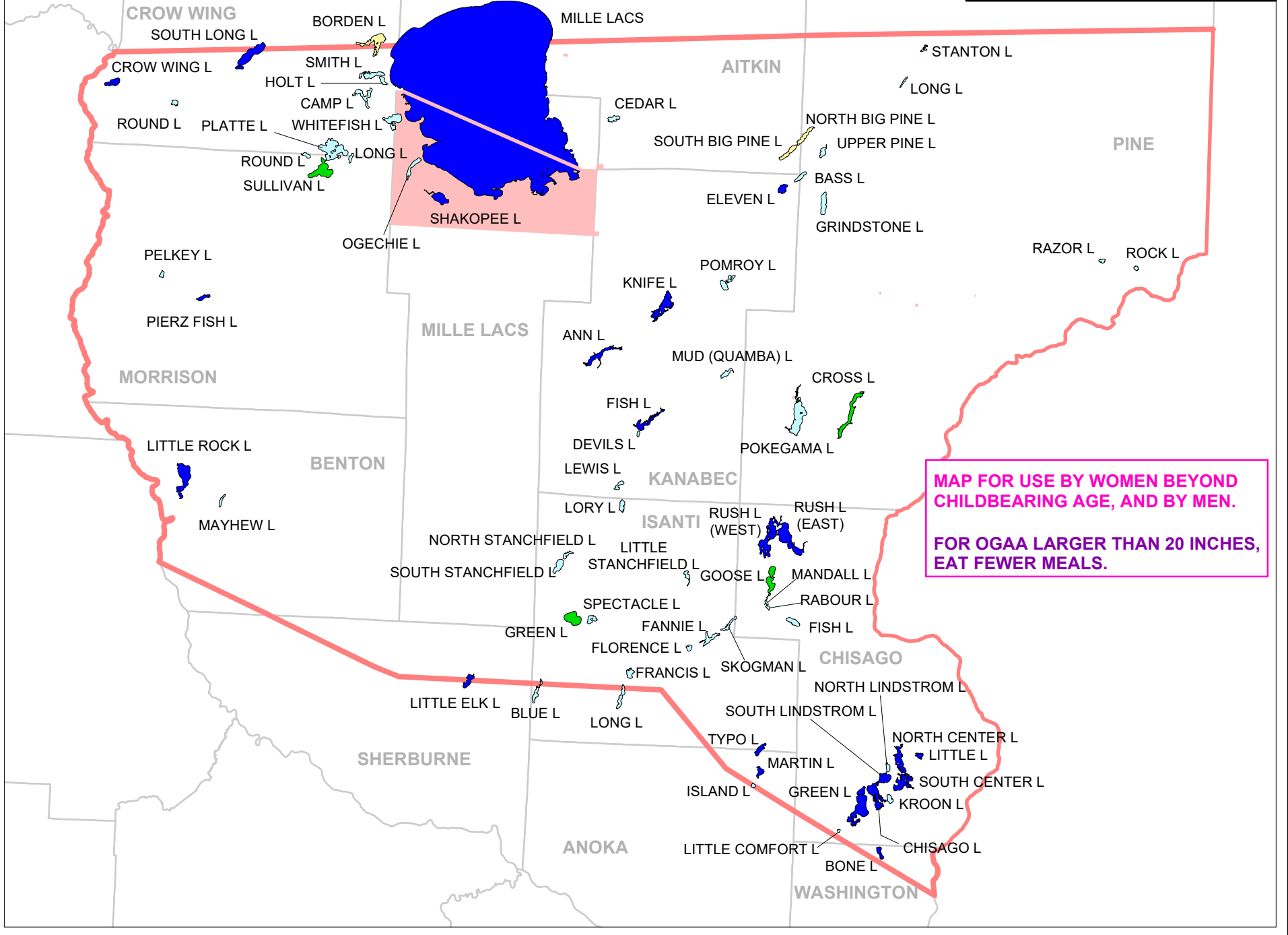


This Map is to Help You Find Safe Ogaa (Walleye) in the Minnesota 1837 Ceded Territory



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.



Recommended Maximum Number of Oгаа Meals per Month for Walleye Lakes in the Minnesota 1837 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
LAKE	COUNTY	Maximum number of meals per month	Maximum number of meals per month
ANN L	KANABEC	2	8
BASS L	PINE	Not Enough Information	
BLUE L	ISANTI	Not Enough Information	
BONE L	WASHINGTON	2	8
BORDEN L	CROW WING	0	2
CAMP L	CROW WING	Not Enough Information	
CEDAR L	AITKIN	Not Enough Information	
CHISAGO L	CHISAGO	2	8
CROSS L	PINE	1	4
CROW WING L	CROW WING	2	8
DEVILS L	KANABEC	Not Enough Information	
ELEVEN L	KANABEC	8	8
FANNIE L	ISANTI	Not Enough Information	
FISH L	CHISAGO	Not Enough Information	
FISH L	KANABEC	2	8
FLORENCE L	ISANTI	Not Enough Information	
FRANCIS L	ISANTI	Not Enough Information	
GOOSE L	CHISAGO	1	4
GREEN L	CHISAGO	2	8
GREEN L	ISANTI	2	4
GRINDSTONE L	PINE	Not Enough Information	
HOLT L	CROW WING	Not Enough Information	
ISLAND L	ANOKA	Not Enough Information	
KNIFE L	KANABEC	2	8
KROON L	CHISAGO	Not Enough Information	
LEWIS L	KANABEC	Not Enough Information	
LITTLE COMFORT L	CHISAGO	Not Enough Information	
LITTLE ELK L	SHERBURNE	4	8
LITTLE L	CHISAGO	8	8
LITTLE ROCK L	BENTON	4	8
LITTLE STANCHFIELD L	ISANTI	Not Enough Information	
LONG L	ISANTI	Not Enough Information	
LONG L	MORRISON	Not Enough Information	
LONG L	PINE	Not Enough Information	
LORY L	ISANTI	Not Enough Information	
MANDALL L	CHISAGO	Not Enough Information	

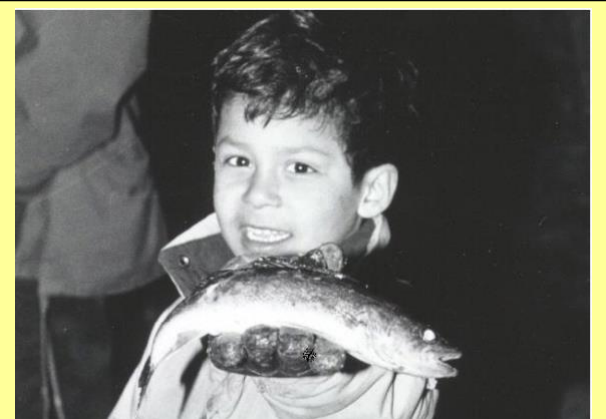
LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
LAKE	COUNTY	Maximum number of meals per month	Maximum number of meals per month
MARTIN L	ANOKA	2	8
MAYHEW L	BENTON	Not Enough Information	
MILLE LACS	MILLE LACS	2	8
MUD (QUAMBA) L	KANABEC	Not Enough Information	
NORTH BIG PINE L	PINE	0	2
NORTH CENTER L	CHISAGO	4	8
NORTH LINDSTROM L	CHISAGO	Not Enough Information	
NORTH STANCHFIELD L	ISANTI	Not Enough Information	
OGECHIE L	MILLE LACS	Not Enough Information	
PELKEY L	MORRISON	Not Enough Information	
PIERZ FISH L	MORRISON	4	8
PLATTE L	CROW WING	Not Enough Information	
POKEGAMA L	PINE	Not Enough Information	
POMROY L	KANABEC	Not Enough Information	
RABOUR L	CHISAGO	Not Enough Information	
RAZOR L	PINE	Not Enough Information	
ROCK L	PINE	Not Enough Information	
ROUND L	CROW WING	Not Enough Information	
ROUND L	MORRISON	Not Enough Information	
RUSH L (EAST)	CHISAGO	2	8
RUSH L (WEST)	CHISAGO	2	8
SHAKOPEE L	MILLE LACS	2	8
SKOGMAN L	ISANTI	Not Enough Information	
SMITH L	CROW WING	Not Enough Information	
SOUTH BIG PINE L	AITKIN	0	2
SOUTH CENTER L	CHISAGO	2	8
SOUTH LINDSTROM L	CHISAGO	2	8
SOUTH LONG L	CROW WING	2	8
SOUTH STANCHFIELD L	ISANTI	Not Enough Information	
SPECTACLE L	ISANTI	Not Enough Information	
STANTON L	PINE	Not Enough Information	
SULLIVAN L	MORRISON	2	4
TYPO L	ISANTI	4	8
UPPER PINE L	PINE	Not Enough Information	
WHITEFISH L	CROW WING	Not Enough Information	

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