This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by the Sokaogon Chippewa Community

IF YOU ARE PREGNANT OR NURSING, COULD BECOME PREGNANT, OR UNDER THE AGE OF 15, USE THIS MAP. DO NOT EAT OGAAS LARGER THAN 20 INCHES. EAT OGAAS LESS THAN 20 INCHES AND CHOOSE EVEN SMALLER OGAAS TO FURTHER REDUCE MERCURY EXPOSURE.

IF YOU CANNOT BECOME PREGNANT, ARE NOT NURSING, AND ARE OVER THE AGE OF 15, USE THIS MAP. FOR OGAAS LARGER THAN 20 INCHES, EAT FEWER MEALS.

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.

Not enough information available.

Eat up to 1 meal or 16 ounces per month.

Eat up to 2 meals or 32 ounces per month.

Eat up to 4 meals or 64 ounces per month.

Eat up to 8 meals or 128 ounces per month.

For Ogaa Smaller than 20 Inches:

Do not eat ogaa from these lakes.

County Boundary

Sokaogon Chippewa Reservation

Total reservation boundaries are representations and may not be the actual legally binding boundaries. Regulations and advisories may vary based on the area.

Funding for these maps was provided by the Government Accountability Office (GAO) and the Wisconsin Department of Natural Resources (DNR).
### Recommended Maximum Number of Ogaa Meals per Month for Lakes Harvested by Mole Lake

#### When Cleaning Ogaa (wall-eye):
- 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.**
- Your meal size could be larger, or smaller, depending on the fish size.  If your meal size is larger, you should eat fewer meals of ogaa. If it is smaller, you can eat more meals of ogaa.

#### 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.

#### Benefits: Eating even as few as two to three meals of ogaa a month may reduce your risk of death due to heart disease.

---

For any 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*