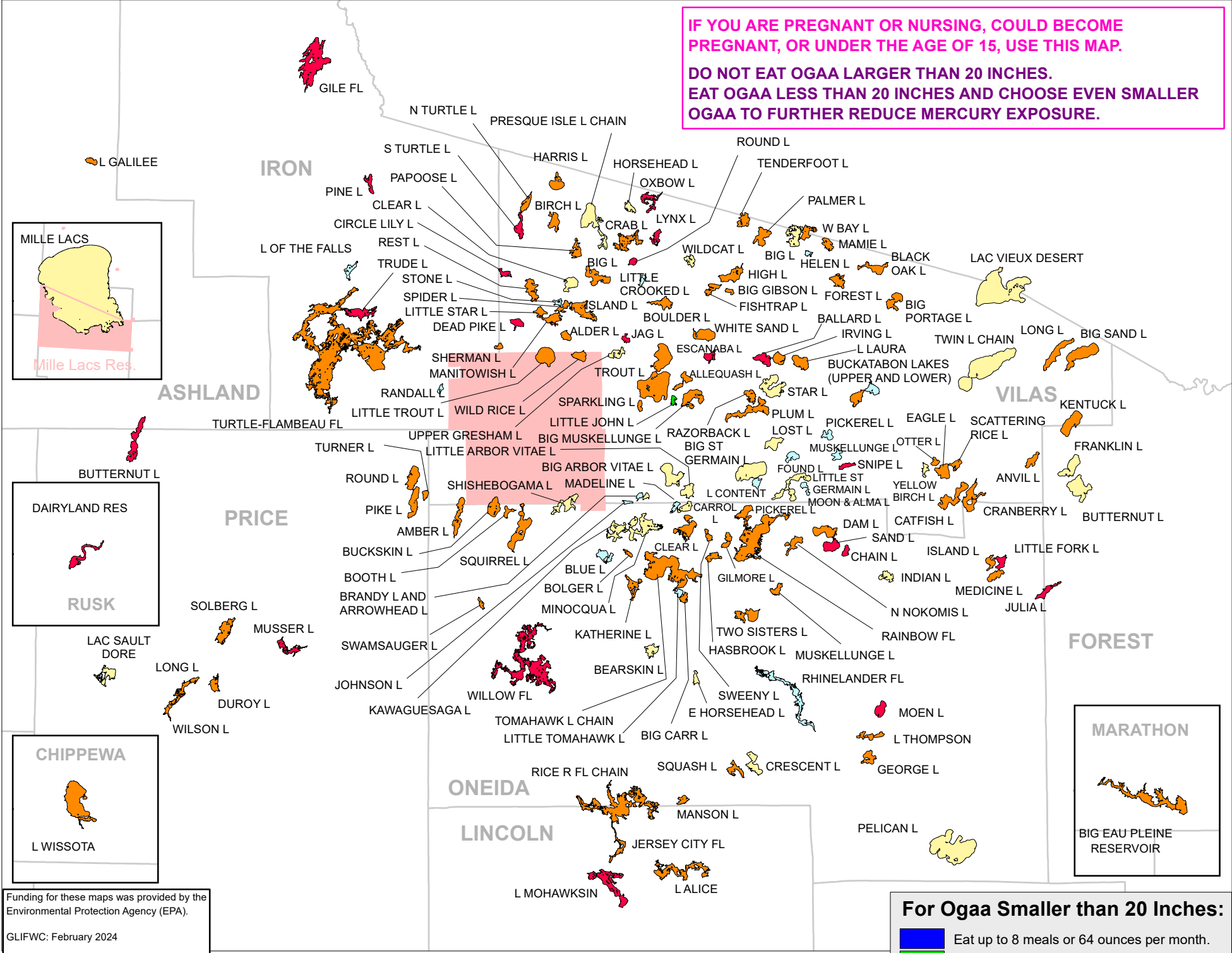


# This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by Lac du Flambeau

**IF YOU ARE PREGNANT OR NURSING, COULD BECOME PREGNANT, OR UNDER THE AGE OF 15, USE THIS MAP.**  
**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 2024

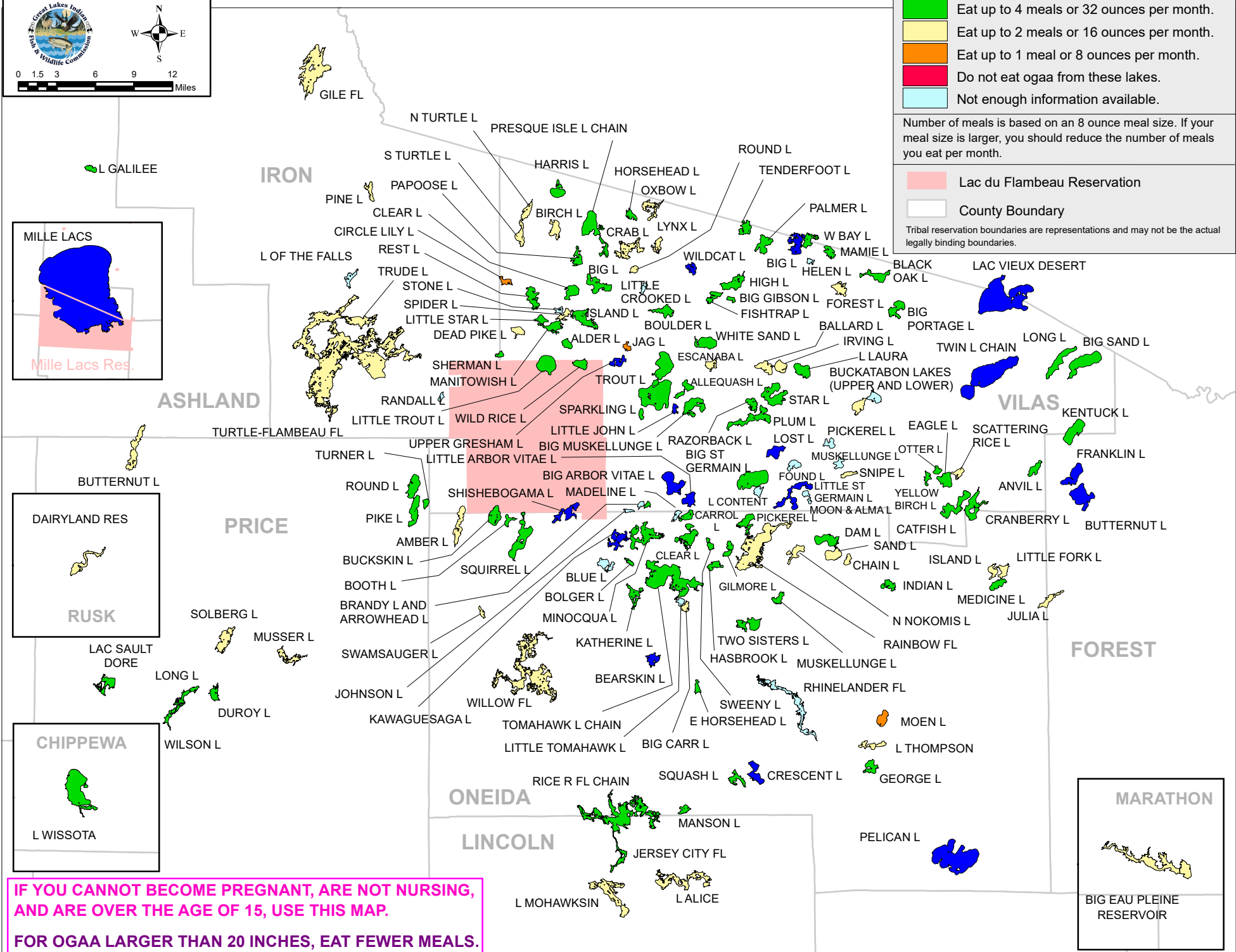
**For Ogaa Smaller than 20 Inches:**

- 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 du Flambeau Reservation
- County Boundary

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



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

# Recommended Maximum Number of Oгаа Meals per Month for Lakes Harvested by Lac Du Flambeau

## 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	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15 Maximum number of meals per month	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15 Maximum number of meals per month
ALDER L	VILAS	1	4
ALLEQUASH L	VILAS	1	4
ALMA L	VILAS	Not Enough Information	
AMBER L	VILAS		2
ANVIL L	VILAS	1	4
ARROWHEAD L	VILAS	2	4
BALLARD L	VILAS	0	2
BEARSKIN L	ONEIDA	2	8
BIG ARBOR VITAE L	VILAS	2	8
BIG CARR L	ONEIDA	1	2
BIG EAU PLEINE RES	MARATHON	1	2
BIG GIBSON L	VILAS	1	4
BIG L (BOULDER JCT)	VILAS	1	4
BIG L (MI BORDER)	VILAS	2	8
BIG MUSKELLUNGE L	VILAS	1	4
BIG PORTAGE L	VILAS	1	4
BIG SAND L	VILAS	1	4
BIG ST GERMAINE L	VILAS	2	4
BIRCH L	VILAS	1	2
BLACK OAK L	VILAS	1	4
BLUE L	ONEIDA	Not Enough Information	
BOLGER L	ONEIDA	1	4
BOOTH L	ONEIDA	1	4
BOULDER L	VILAS	1	4
BRANDY L	VILAS	Not Enough Information	
BUCKSKIN L	ONEIDA	1	4
BUTTERNUT L	FOREST	2	8
BUTTERNUT L	PRICE	0	2
CARROL L	ONEIDA	2	4
CATFISH L	VILAS	1	4
CHAIN L	ONEIDA	0	2
CIRCLE LILY L	VILAS	0	1
CLEAR L	ONEIDA	1	4
CLEAR L	VILAS	2	4
CRAB L	VILAS	1	2
CRANBERRY L	VILAS	1	4
CRESCENT L	ONEIDA	2	8
DAIRYLAND RES	RUSK	0	2
DAM L	ONEIDA	1	4
DEAD PIKE L	VILAS	0	2
DUROY L	PRICE	1	4
EAGLE L	VILAS	1	4
E HORSEHEAD L	ONEIDA	2	4
ESCANABA L	VILAS	0	2
FISHTRAP L	VILAS	1	4
FOREST L	VILAS	1	2
FOUND L	VILAS	Not Enough Information	
FRANKLIN L	FOREST	2	8
GEORGE L	ONEIDA	1	4
GILE FL	IRON	0	2
GILMORE L	ONEIDA	1	4
HARRIS L	VILAS	1	4
HASBROOK L	ONEIDA	1	4
HELEN L	VILAS	Not Enough Information	
HIGH L	VILAS	1	4
HORSEHEAD L	VILAS	2	4
INDIAN L	ONEIDA	2	4
IRVING L	VILAS	1	2
ISLAND L	ONEIDA	1	2
ISLAND L	VILAS	1	4
JAG L	VILAS	0	1
JERSEY CITY FL	LINCOLN	1	4
JOHNSON L	VILAS	Not Enough Information	
JULIA L (THREE LAKES)	ONEIDA	0	2
KATHERINE L	ONEIDA	1	4
KAWAGUESAGA L	ONEIDA	2	8
KENTUCK L	VILAS	1	4
L ALICE	LINCOLN	1	2
L CONTENT	VILAS	Not Enough Information	
L GALILEE	ASHLAND	1	4
L LAURA	VILAS	1	4
L MOHAWKSIN	LINCOLN	0	2
L OF THE FALLS	IRON	Not Enough Information	
L THOMPSON	ONEIDA	1	2
L WISSOTA	CHIPPEWA	1	4
LAC SAULT DORE	PRICE	2	4
LAC VIEUX DESERT	VILAS	2	8
LITTLE ARBOR VITAE L	VILAS	2	8

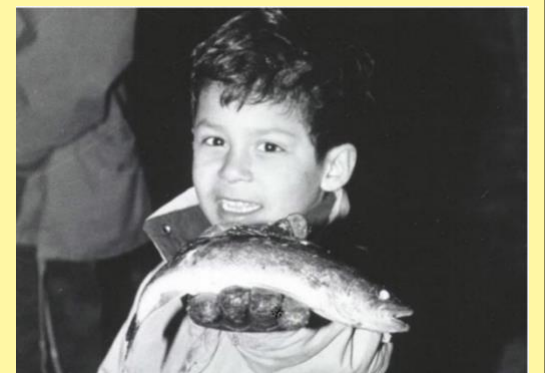
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15 Maximum number of meals per month	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15 Maximum number of meals per month
LITTLE CROOKED L	VILAS	Not Enough Information	
LITTLE FORK	ONEIDA	0	2
LITTLE JOHN L	VILAS	4	8
LITTLE ST GERMAIN L	VILAS	2	8
LITTLE STAR L	VILAS	1	4
LITTLE TOMAHAWK L	ONEIDA	Not Enough Information	
LITTLE TROUT L	VILAS	1	4
LONG L	PRICE	1	4
LONG L	VILAS	1	4
LOST L	VILAS	2	8
LOWER BUCKATABON L	VILAS	Not Enough Information	
LYNX L	VILAS	0	2
MADELINE L	ONEIDA	Not Enough Information	
MAMIE L	VILAS	1	4
MANITOWISH L	VILAS	1	4
MANSON L	ONEIDA	1	4
MEDICINE L	ONEIDA	1	4
MILLE LACS	MILLE LACS	2	8
MINOCQUA L	ONEIDA	2	4
MOEN L	ONEIDA	0	1
MOON L	VILAS	Not Enough Information	
MUSKELLUNGE L	ONEIDA	1	4
MUSKELLUNGE L	VILAS	Not Enough Information	
MUSSER L	PRICE	0	2
N NOKOMIS L	ONEIDA	1	2
N TURTLE L	VILAS	1	2
OTTER L	VILAS	1	4
OXBOW L	VILAS	0	2
PALMER L	VILAS	1	4
PAPOOSE L	VILAS	1	4
PELICAN L	ONEIDA	2	8
PICKEREL L	ONEIDA	1	4
PICKEREL L	VILAS	Not Enough Information	
PIKE L	PRICE	1	4
PINE L	IRON	0	2
PLUM L	VILAS	1	4
PRESQUE ISLE L CHAIN	VILAS	2	4
RAINBOW FL	ONEIDA	1	2
RANDALL L	IRON	Not Enough Information	
RAZORBACK L	VILAS	1	4
REST L	VILAS	1	4
RHINELANDER FL	ONEIDA	Not Enough Information	
RICE R FL CHAIN	LINCOLN	1	4
ROUND L	PRICE	1	4
ROUND L	VILAS	0	2
S TURTLE L	VILAS	0	2
SAND L	ONEIDA	0	2
SCATTERING RICE L	VILAS	1	2
SHERMAN L	VILAS	1	4
SHISHEBOGAMA L	ONEIDA	2	8
SNIPE L	VILAS	0	2
SOLBERG L	PRICE	1	2
SPARKLING L	VILAS	1	4
SPIDER L	VILAS	1	2
SQUASH L	ONEIDA	1	4
SQUIRREL L	ONEIDA	1	4
STAR L	VILAS	2	4
STONE L	VILAS	Not Enough Information	
SWAMSAUGER L	ONEIDA	1	2
SWEENEY L	ONEIDA	1	4
TENDERFOOT L	VILAS	1	4
TOMAHAWK L CHAIN	ONEIDA	1	4
TROUT L	VILAS	1	4
TRUDE L	IRON	0	2
TURNER L	PRICE	1	4
TURTLE-FLAMBEAU FL	IRON	1	2
TWIN L CHAIN	VILAS	2	8
TWO SISTERS L	ONEIDA	1	4
UPPER BUCKATABON L	VILAS	1	2
UPPER GRESHAM L	VILAS	2	8
W BAY L	VILAS	1	4
WHITE SAND L	VILAS	1	4
WILD RICE L	VILAS	1	4
WILDCAT L	VILAS	2	8
WILLOW FL	ONEIDA	0	2
WILSON L	PRICE	1	4
YELLOW BIRCH L	VILAS	2	4

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 1-800-250-7574.  
To learn more about mercury in *ogaa*, visit GLIFWC's website at [www.glifwc.org/bio/mercury.htm](http://www.glifwc.org/bio/mercury.htm)