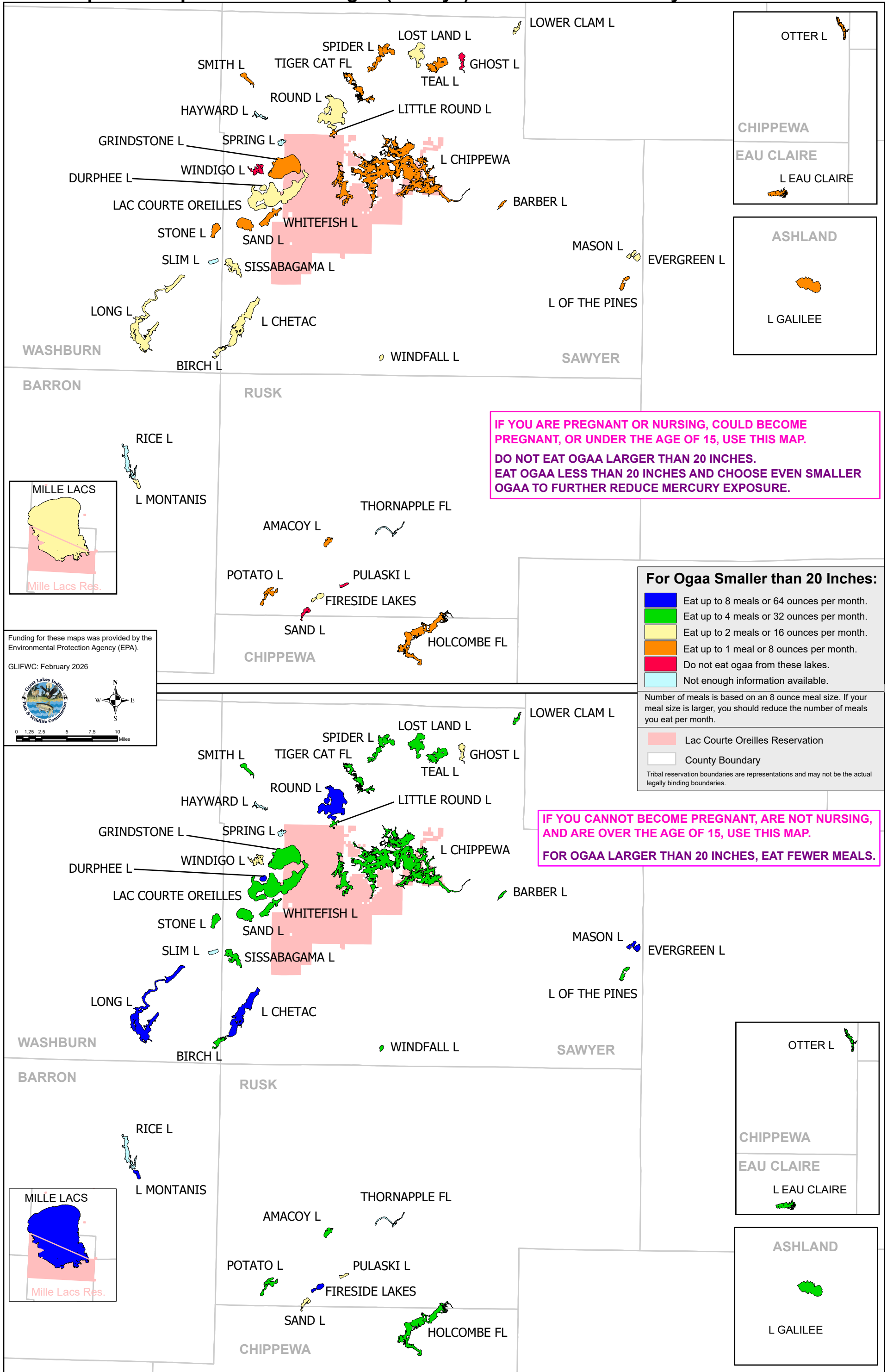


# This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by Lac Courte Oreilles



# Recommended Maximum Number of Oгаа Meals per Month for Lakes Harvested by Lac Courte Oreilles

## SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Oгаа* (walleye):

- 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 northernpike will have more mercury than *giigoonh* such as lake whitefish, herring, bluegill, sunfish, crappie or perch. Try to choose safer *giigoonh*.

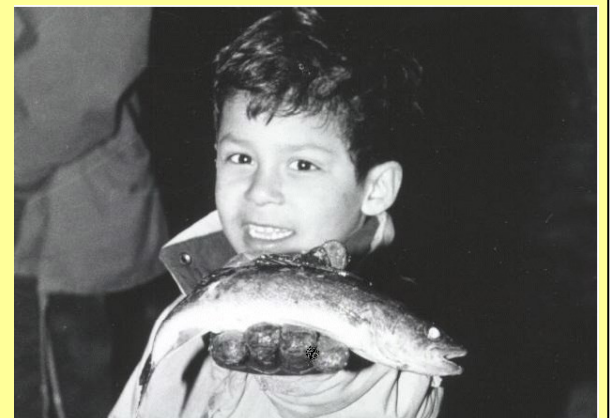
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
		Maximum number of meals per month	Maximum number of meals per month
AMACOY L	RUSK	1	4
BARBER L	SAWYER	1	4
BIRCH L	WASHBURN	2	4
DURPHEE L	SAWYER	2	8
EVERGREEN L	SAWYER	2	8
FIRESIDE LAKES	RUSK	2	8
GHOST L	SAWYER	0	2
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 MONTANIS	BARRON	2	8
L OF THE PINES	SAWYER	1	4
LAC COURTE OREILLES	SAWYER	2	4
LITTLE ROUND L	SAWYER	1	4
LONG L	WASHBURN	2	8
LOST LAND L	SAWYER	2	4
LOWER CLAM L	SAWYER	2	4
MASON L	SAWYER	2	8
MILLE LACS L	MILLE LACS	2	8
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 L	SAWYER	1	4
SPRING L	SAWYER	Not Enough Information	
STONE L	WASHBURN	1	4
TEAL L	SAWYER	1	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](http://www.glifwc.org/Mercury/mercury.html)