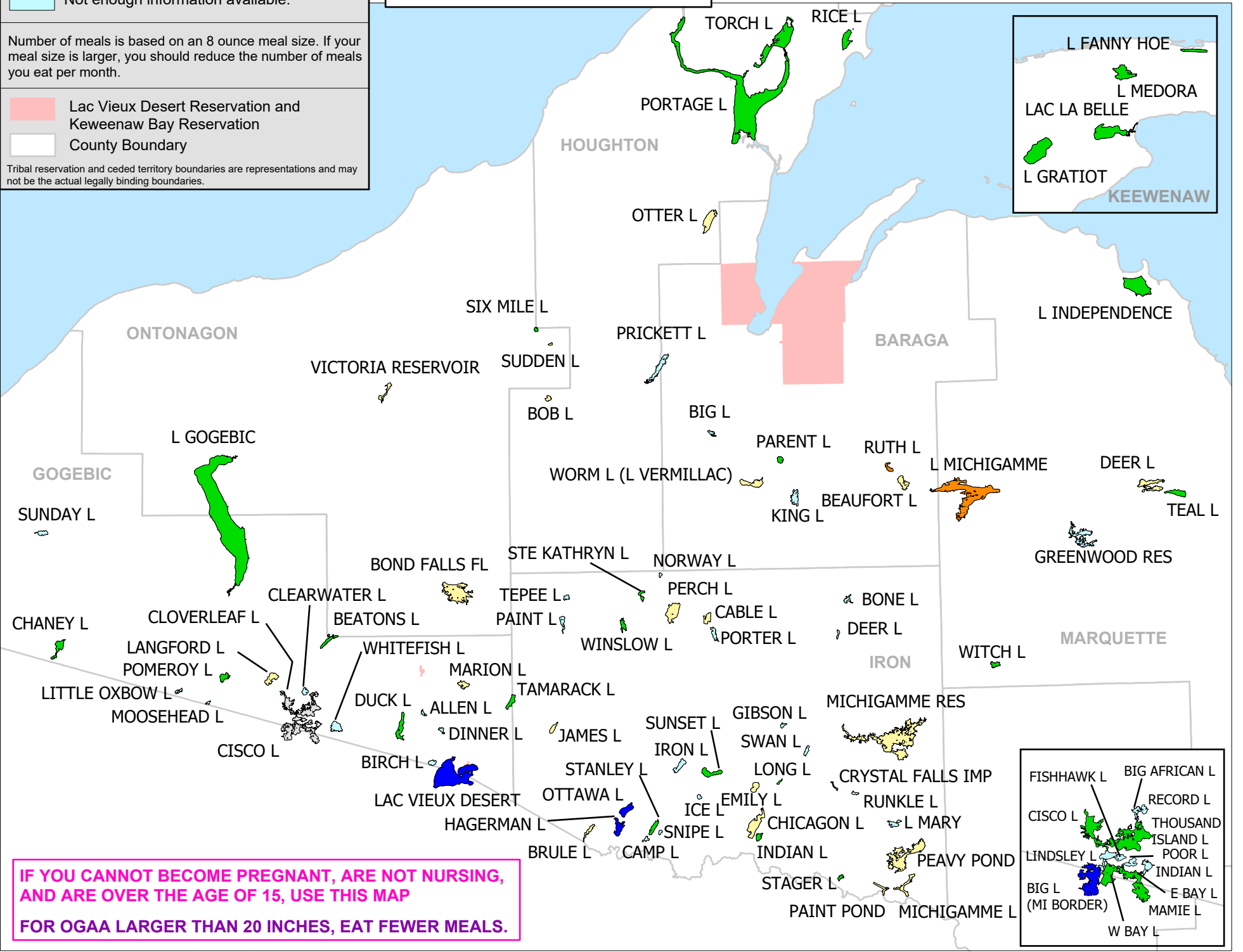
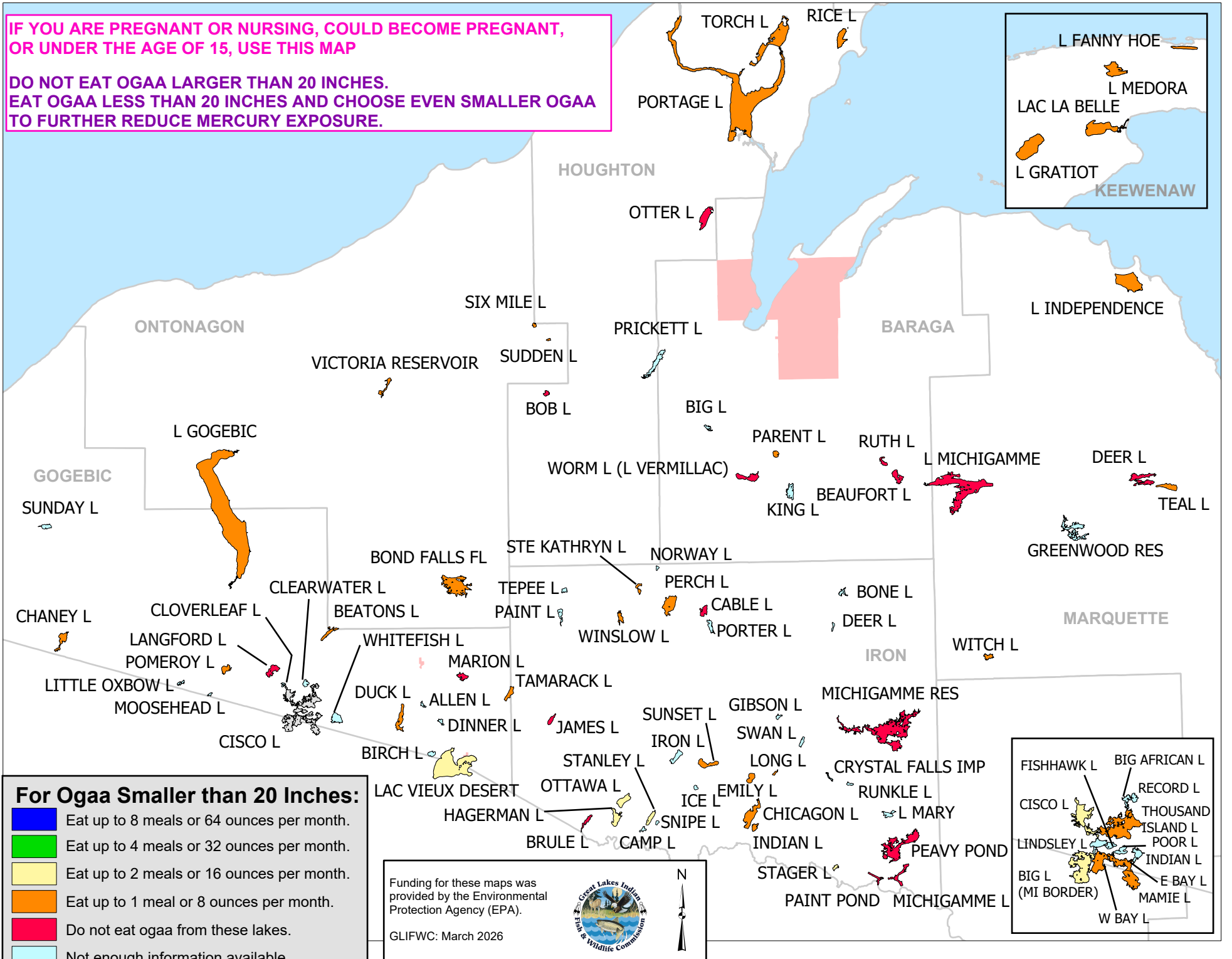


This Map is to Help You Find Safe Ogaa (Walleye) in Select Walleye Lakes in the Michigan 1842 Ceded Territory

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.



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

SORTING AND LABELING Oгаа 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 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	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
LAKE	COUNTY	Maximum number of meals per month	Maximum number of meals per month
ALLEN L	GOGEVIC	Not Enough Information	Not Enough Information
BEATONS L	GOGEVIC	1	4
BEAUFORT L	BARAGA	0	2
BIG AFRICAN L	GOGEVIC	Not Enough Information	Not Enough Information
BIG L	BARAGA	Not Enough Information	Not Enough Information
BIG L (MI BORDER)	GOGEVIC	2	8
BIRCH L	GOGEVIC	Not Enough Information	Not Enough Information
BOB L	HOUGHTON	0	2
BOND FALLS FL	ONTONAGON	1	2
BONE L	IRON	Not Enough Information	Not Enough Information
BRULE L	IRON	0	2
CABLE L	IRON	0	2
CAMP L	IRON	Not Enough Information	Not Enough Information
CHANEY L	GOGEVIC	1	4
CHICAGON L	IRON	1	2
CISCO L	GOGEVIC	2	4
CLEARWATER L	GOGEVIC	Not Enough Information	Not Enough Information
CLOVERLEAF L	GOGEVIC	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
DEER L	MARQUETTE	0	2
DINNER L	GOGEVIC	Not Enough Information	Not Enough Information
DUCK L	GOGEVIC	1	4
EAST BAY L	GOGEVIC	1	4
EMILY L	IRON	1	2
FISHHAWK L	GOGEVIC	Not Enough Information	Not Enough Information
GIBSON L	IRON	Not Enough Information	Not Enough Information
GREENWOOD RES	MARQUETTE	Not Enough Information	Not Enough Information
HAGERMAN L	IRON	2	8
ICE L	IRON	Not Enough Information	Not Enough Information
INDIAN L	GOGEVIC	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
KING L	BARAGA	Not Enough Information	Not Enough Information
L FANNY HOE	KEWEENAW	1	4
L GOGEVIC	GOGEVIC	1	4
L GRATIOT	KEWEENAW	1	4
L INDEPENDENCE	MARQUETTE	1	4
L MARY	IRON	Not Enough Information	Not Enough Information
L MEDORA	KEWEENAW	1	4
L MICHIGAMME	MARQUETTE	0	1
LAC LA BELLE	KEWEENAW	1	4
LAC VIEUX DESERT	GOGEVIC	2	8
LANGFORD L	GOGEVIC	0	2

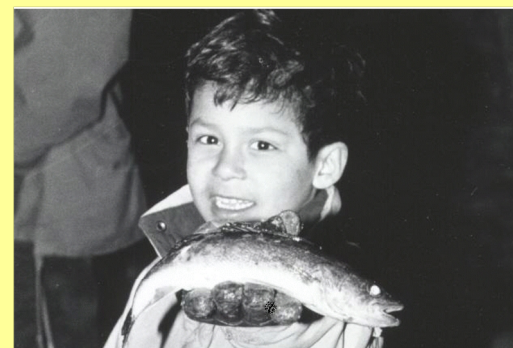
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
LAKE	COUNTY	Maximum number of meals per month	Maximum number of meals per month
LINDSLEY L	GOGEVIC	Not Enough Information	Not Enough Information
LITTLE OXBOW L	GOGEVIC	Not Enough Information	Not Enough Information
LONG L	IRON	Not Enough Information	Not Enough Information
MAMIE L	GOGEVIC	1	4
MARION L	GOGEVIC	0	2
MICHIGAMME L	IRON	0	2
MICHIGAMME RES	IRON	0	2
MOOSEHEAD L	GOGEVIC	Not Enough Information	Not Enough Information
NORWAY L	IRON	Not Enough Information	Not Enough Information
OTTAWA L	IRON	2	8
OTTER L	HOUGHTON	0	2
PAINT L	IRON	Not Enough Information	Not Enough Information
PAINT POND	IRON	0	2
PARENT L	BARAGA	1	4
PEAVY POND	IRON	0	2
PERCH L	IRON	1	2
POMEROY L	GOGEVIC	1	4
POOR L	GOGEVIC	Not Enough Information	Not Enough Information
PORTAGE L	HOUGHTON	1	4
PORTER L	IRON	Not Enough Information	Not Enough Information
PRICKETT L	HOUGHTON	Not Enough Information	Not Enough Information
RECORD L	GOGEVIC	Not Enough Information	Not Enough Information
RICE L	1	1	4 4
RUNKLE L	IRON	Not Enough Information	Not Enough Information
RUTH L	BARAGA	0	1
SIX MILE L	ONTONAGON	1	4
SNIPE L	IRON	Not Enough Information	Not Enough Information
STAGER L	IRON	2	4
STANLEY L	IRON	2	4
STE KATHRYN L	IRON	1	4
SUDDEN L	ONTONAGON	1	2
SUNDAY L	GOGEVIC	Not Enough Information	Not Enough Information
SUNSET L	IRON	1	4
SWAN L	IRON	Not Enough Information	Not Enough Information
TAMARACK L	GOGEVIC	1	4
TEAL L	MARQUETTE	1	4
TEPEE L	IRON	Not Enough Information	Not Enough Information
THOUSAND ISLAND L	GOGEVIC	1	4
TORCH L	HOUGHTON	1	4
VICTORIA RES	ONTONAGON	1	2
WHITEFISH L	GOGEVIC	Not Enough Information	Not Enough Information
WINSLOW L	IRON	1	4
WITCH L	MARQUETTE	1	4
WORM L (L VERMILLAC)	BARAGA	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 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**