

This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by St. Croix

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.

DOUGLAS

BEAR L

DOUGLAS

BEAUREGARD L

ASHLAND

L GALILEE

MILLE LACS

Mille Lacs Res.

Funding for these maps was provided by the Environmental Protection Agency (EPA).

GLIFWC: February 2026

DOUGLAS

BEAR L

DOUGLAS

BEAUREGARD L

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.

- St. Croix 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.

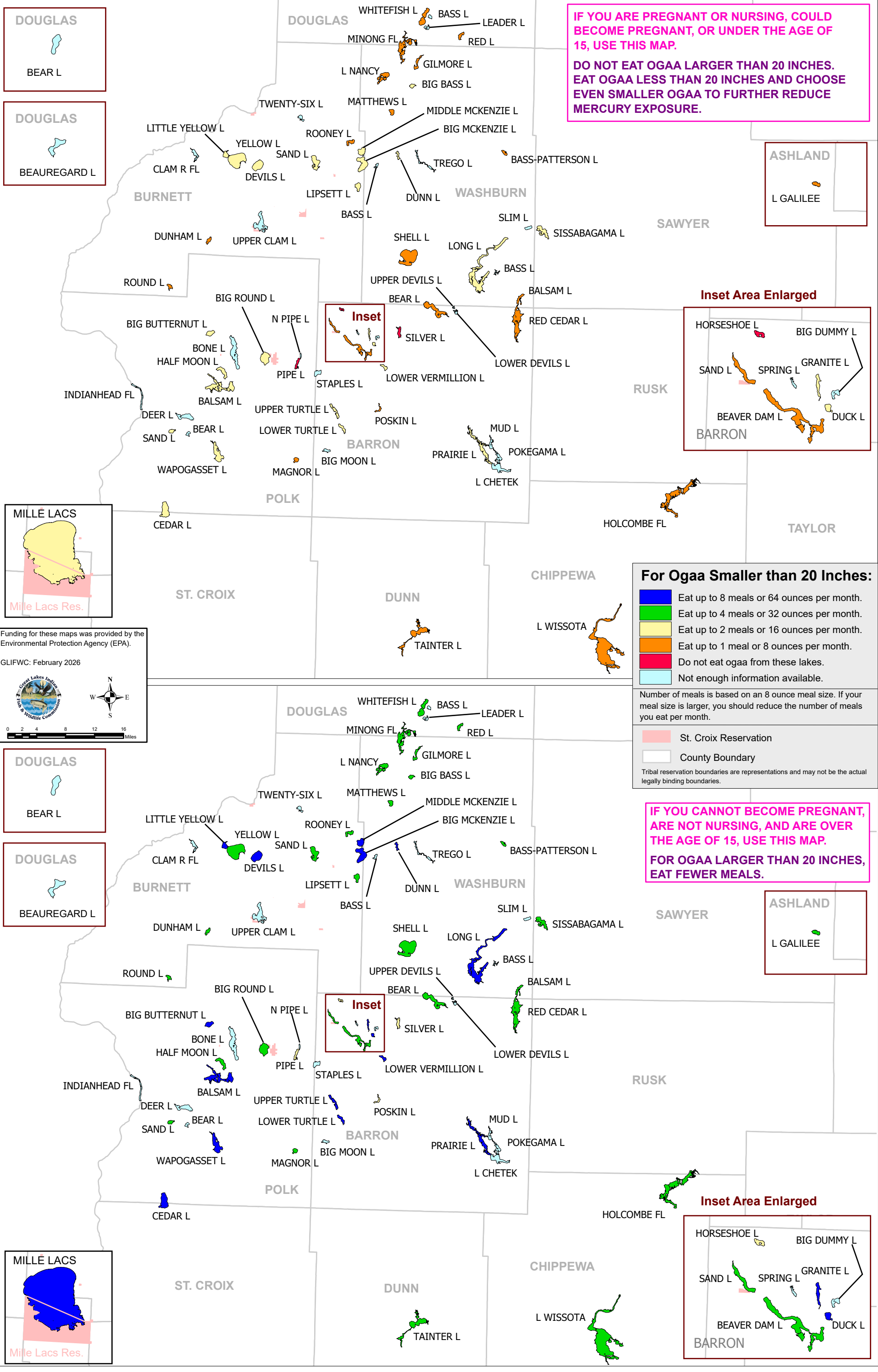
MILLE LACS

Mille Lacs Res.

ASHLAND

L GALILEE

Inset Area Enlarged



Recommended Maximum Number of Oгаа Meals per Month for Lakes Harvested by St Croix

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
		Maximum number of meals per month	Maximum number of meals per month
BALSAM L	POLK	2	8
BALSAM L	WASHBURN	1	4
BASS L	DOUGLAS	Not Enough Information	
BASS L	WASHBURN	Not Enough Information	
BASS L	WASHBURN	Not Enough Information	
BASS-PATTERSON L	WASHBURN	1	4
BEAR L	BARRON	1	4
BEAR L	DOUGLAS	Not Enough Information	
BEAR L	POLK	Not Enough Information	
BEAUREGARD L	DOUGLAS	Not Enough Information	
BEAVER DAM L	BARRON	1	4
BIG BASS L	WASHBURN	2	4
BIG BUTTERNUT L	POLK	2	8
BIG DUMMY L	BARRON	Not Enough Information	
BIG MCKENZIE L	BURNETT	2	8
BIG MOON L	BARRON	Not Enough Information	
BIG ROUND L	POLK	2	4
BONE L	POLK	Not Enough Information	
CEDAR L	ST CROIX	2	8
CLAM R FL	BURNETT	Not Enough Information	
DEER L	POLK	Not Enough Information	
DEVILS L	BURNETT	2	8
DUCK L	BARRON	2	8
DUNHAM L	BURNETT	1	4
DUNN L	WASHBURN	2	8
GILMORE L	WASHBURN	1	4
GRANITE L	BARRON	2	8
HALF MOON L	POLK	2	4
HOLCOMBE FL	CHIPPEWA	1	4
HORSESHOE L	BARRON	0	2
INDIANHEAD FL	POLK	Not Enough Information	
L CHETEK	BARRON	Not Enough Information	
L GALILEE	ASHLAND	1	4
L NANCY	WASHBURN	1	4
L WISSOTA	CHIPPEWA	1	4
LEADER L	DOUGLAS	Not Enough Information	
LIPSETT L	BURNETT	2	4
LITTLE YELLOW L	BURNETT	2	8

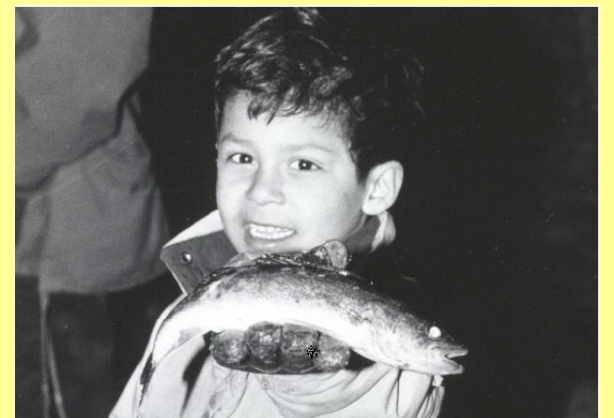
LAKE	COUNTY	SENSITIVE: Anyone who is pregnant or nursing, could become pregnant, and children under 15	GENERAL: Anyone who CANNOT become pregnant, is NOT nursing, and is over 15
		Maximum number of meals per month	Maximum number of meals per month
LONG L	WASHBURN	2	8
LOWER DEVILS L	BARRON	Not Enough Information	
LOWER TURTLE L	BARRON	2	8
LOWER VERMILLION L	BARRON	2	8
MAGNOR L	POLK	1	4
MATTHEWS L	WASHBURN	1	4
MIDDLE MCKENZIE L	WASHBURN	2	8
MILLE LACS	MILLE LACS	2	8
MINONG FL	WASHBURN	1	4
MUD L	BARRON	Not Enough Information	
N PIPE L	POLK	Not Enough Information	
PIPE L	POLK	0	2
POKEGAMA L	BARRON	Not Enough Information	
POSKIN L	BARRON	1	2
PRAIRIE L	BARRON	2	8
RED CEDAR L	BARRON	1	4
RED L	DOUGLAS	1	4
ROONEY L	BURNETT	1	4
ROUND L	BURNETT	1	4
SAND L	BARRON	1	4
SAND L	BURNETT	2	4
SAND L	POLK	2	4
SHELL L	WASHBURN	1	4
SILVER L	BARRON	0	2
SISSABAGAMA L	SAWYER	2	4
SLIM L	WASHBURN	Not Enough Information	
SPRING L	BARRON	Not Enough Information	
STAPLES L	BARRON	Not Enough Information	
TAINTER L	DUNN	1	4
TREGO L	WASHBURN	Not Enough Information	
TWENTY-SIX L	BURNETT	Not Enough Information	
UPPER CLAM L	BURNETT	Not Enough Information	
UPPER DEVILS L	BARRON	Not Enough Information	
UPPER TURTLE L	BARRON	2	8
WAPOGASSET L	POLK	2	8
WHITEFISH L	DOUGLAS	1	4
YELLOW L	BURNETT	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 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