

Recommendations

The Good News: Fish provide many healthy benefits. Fish are a good source of protein, high in omega-3 fatty acids, high in vitamins and minerals, and low in fat.

The fish in these Oklahoma lakes have been tested and have lower levels of mercury. Fish from these lakes can be eaten often without excessive exposure to mercury.

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| •• Copan Reservoir | •• Lake Ponca |
| •• Ft. Gibson Reservoir | •• Lake Raymond Gary |
| •• Grand Lake | •• Lake Spavinaw |
| •• Guthrie City Lake | •• Lake Talawanda #1 |
| •• Hulah Reservoir | •• Lake Tenkiller |
| •• Lake Arbuckle | •• Lake Texoma |
| •• Lake Arcadia | •• Lake Thunderbird |
| •• Lake Eucha | •• New Spiro Lake |
| •• Lake Lawtonka | •• Robert S. Kerr Reservoir |
| •• Lake Fuqua | •• Sooner Lake |
| •• Lake Hudson | •• Tom Steed Reservoir |
| •• Lake Konawa | •• Wes Watkins Reservoir |
| •• Lake Murray | •• Zoo Lake (Oklahoma City) |
| •• Lake Oolagah | |

If your lake is not included in the list above or in the following pages, DEQ may be testing it soon and updates will be issued.

Your Drinking Water is Safe:

The amount of mercury found in fish does not affect water quality. Lake recreation and the consumption of your city's drinking water are both safe activities.

Contact Information:

For more information, call (866) 412-3057 or email: fishadvisory@deq.ok.gov and visit DEQ's Fish Consumption Web site at: www.deq.state.ok.us/fish/