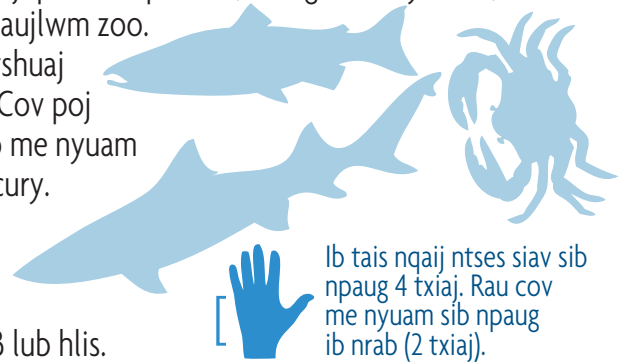


Yuav Ua Li Cas Noj Ntses Yam Xyuam Xim Cov Txhooj Cai Rau Humboldt Bay

Nqaij ntsees yog zaub mov zoo rau koj kev noj qab nyob zoo. Muaj tshuaj qab los li protein, omega-3 fatty acids, thiab muaj rog tsawg tsawg. Noj ntsees pab koj lub plawv thiab lub hlwb ua haujlwm zoo. Tiamsis, ntsees muaj ib yam kua hlau hu ua “mercury.” Nws yog ib yam tshuaj lom cov me nyuam yaus cov hlab ntsha thiab cov neeg laus cov hlwb. Cov poj niam cev xeeb tub los yuav xeeb tub, cov poj niam pub mis niam, thiab me nyuam yaus yuav tsum ua raws li cov txheej txheem los txo cov kua hlau mercury. Cov txheej txheem rau cov poj niam tshaj 45 xyoo thiab cov txiv neej txawv ntawm cov poj niam yau tshaj 45 xyoo thiab cov me nyuam yau. Cov kev tshawb fawb tau pom tias ua raws li cov txheej txheem no yuav txo tau cov mercury ntawm koj lub cev siv sijhawm li ntawm 3 lub hlis.



Cov Txheej Txheem Rau Cov Poj Niam Yau Tshaj 45 Xyoo Thiab Cov Me Nyuam Yaus

Rau Ib Lub Lim Tiam Tsis Txhob Noj Ntau Tshaj 5 - 7 Tais	
Ntsees Qus Liab (Wild Chinook Salmon)	Me Nyuam Ntsees Anchovy
Piaj Dej (Oysters, Clams, Mussels)	Sardines

Rau Ib Lub Lim Tiam Tsis Txhob Noj Ntau Tshaj 2 - 3 Tais	
Roob Ris (Dungeness Crab)	Smelt
Surfperch	Rockfish Dub
Albacore (nuv ntawm lub xeev Humboldt)	

Rau Ib Lub Lim Tiam Tsis Txhob Noj Ntau Tshaj 1 Tais	
Lingcod (ntau tshaj 10 phaus)	
Halibut (nuv ntawm California)	
Halibut (nuv ntawm dej hiav txwv Pacific thiab tsawg tshaj 40 phaus)	
Bat Ray	

Tsis Txhob Noj Cov Ntsees No - Cov Ntsees Muaj Mercury Ntau Tshaj	
Ntsees Noj Neeg Hom Leopard Shark,	
Brown Smooth-Hound Shark	
thiab Spiny Dogfish	
Lingcod (ntau tshaj 10 phaus)	
Halibut (nuv ntawm dej hiav txwv Pacific thiab ntau tshaj 40 phaus)	
Cabazon	
Rockfish Hom Copper, China Thiab Gopher	

Cov Txheej Txheem Rau Cov Poj Niam Laus Tshaj 45 Xyoo Thiab Cov Txiv Neej

Rau Ib Lub Lim Tiam Tsis Txhob Noj Ntau Tshaj 4 - 7 Tais	
Ntsees Qus Liab (Wild Chinook Salmon)	Surfperch
Me Nyuam Ntsees Anchovy	Smelt
Piaj Dej (Oysters, Clams, Mussels)	Rockfish Dub
Roob Ris (Dungeness Crab)	Sardines
Albacore (nuv ntawm lub xeev Humboldt)	

Rau Ib Lub Lim Tiam Tsis Txhob Noj Ntau Tshaj 2 - 3 Tais	
Lingcod (ntau tshaj 10 phaus)	
Halibut (nuv ntawm California)	
Halibut (nuv ntawm dej hiav txwv Pacific thiab tsawg tshaj 40 phaus)	
Bat Ray	

Rau Ib Lub Tiam Tsis Txhob Noj Ntau Tshaj 1 Tais	
Lingcod (ntau tshaj 25 phaus)	
Halibut (nuv ntawm dej hiav txwv Pacific thiab ntau tshaj 40 phaus)	
Cabazon	
Rockfish Hom Copper, China Thiab Gopher	

Tsis Txhob Noj Cov Ntsees No - Cov Ntsees Muaj Mercury Ntau Tshaj	
Cov Ntsees Noj Neeg Hom Leopard Shark	
Brown Smooth-Hound Shark	
thiab Spiny Dogfish	
Lingcod (ntau tshaj 25 phaus)	

Yog koj xav paub ntiv, mus saib lub website <https://www.humboldtkeeper.org> los hu rau tus xov tooj (707) 499-3678



Nqi Mercury Nyob Hauv Cov Ntses Humboldt Baykeeper Nuv Tau

Hom Ntses	Nruab Nrab Qib Mercury ¹	*PoJ Niam < 45 Xyoo Thiab Cov Me Nyuam ²	*PoJ Niam > 45 Xyoo Thiab Cov Txiv Neej ²
Piag Dej (Oysters)	0.026	7	7
Ntses Qus Liab (Chinook Salmon)	0.043	5	7
Piag Dej (Clams)	0.045	5	7
Jack Smelt	0.079	2	7
Albacore	0.110	2	5
Walleye Surfperch	0.115	2	5
Rockfish Dub	0.131	2	4
Halibut (nuv ntawm California)	0.192	1	3
Bat Ray	0.281	1	2
Lingcod < 10 phaus	0.330	1	2
Lingcod > 10 phaus	0.787	tsis txhob noj	1
Ntses Noj Neej Hom Leopard Shark	1.476	tsis txhob noj	tsis txhob noj

Nqi Mercury Nyob Hauv Cov Ntses Lwm Thaj Chaw

Hom Ntses	Nruab Nrab Qib Mercury ¹	*PoJ Niam < 45 Xyoo Thiab Cov Me Nyuam ²	*PoJ Niam > 45 Xyoo Thiab Cov Txiv Neej ²
Sardines	0.013	7	7
Anchovies	0.017	7	7
Piag Dej (Mussels)	0.041	5	7
Roob Ris (Dungness Crab)	0.074	2	7
Halibut (nuv ntawm dej hiav txwv Pacific < 40 phaus)	0.202	1	3
Halibut (nuv ntawm dej hiav txwv Pacific > 40 phaus)	0.606	tsis txhob noj	1
Cabazon	0.474	tsis txhob noj	1
China Rockfish	0.643	tsis txhob noj	1
Gopher Rockfish	0.76	tsis txhob noj	1
Cooper Rockfish	0.835	tsis txhob noj	1

Cov tswv yim no yog tsim los txo tau cov kev tshwm sim mercury. Lwm cov kab mob xws li PCBs (tshuaj lom) thiab dioxins (tshuaj tua kab) yeej ib txwm muas hauv cov ntses. Yog koj xav paub ntxiv mus saib lub website <https://oehha.ca.gov/fish/advisories>.

* Cov txheej txheem noj ntses rau ib lub lim tiam tau. Rau cov neeg laus ib tais nqaij ntses nyoos yog 4 rau 8 txiaj. Cov me nyuam yog yuav tsum tau noj ib nrab ntawd ntawd, los 4 rau 2 txiaj nqaij ntses nyoos.

¹ Ib feem ntawm ib lab

² Qhov kev ntsuam xyuas los ntawm tsab ntuab ntaw hu uas "Office of Environmental Health Hazard Assessment Nov. 2017 Advisory Tissue Levels" nyob rau lub webpage <https://oehha.ca.gov/media/downloads/fish/report/atlmhgandothers2008c.pdf>