

You May Encounter Contaminants at:



Historic mine and mill sites



Shorelines



Floodplain deposits

Since we don't have current fish tissue data for the Coeur d'Alene River or the Chain Lakes, we advise individuals consuming fish from these areas to, at a minimum, follow the Lake Coeur d'Alene advisory to be safe:

Pregnant women, women who are nursing or planning to become pregnant:	
Kokanee <i>All CDA lakes</i>	10 gutted whole fish meals or 10 fillet meals per month
Bullhead <i>Central lake</i>	2 gutted whole fish meals or 13 fillet meals per month
Bass <i>*Statewide</i>	NO more than 2 meals a month of Bass.
Children under 15 years of age:	
Kokanee <i>All CDA lakes</i>	6 gutted whole fish meals or 6 fillet meals per month
Bullhead <i>Central lake</i>	NO gutted whole fish meals or 7 fillet meals per month
Bass <i>*Statewide</i>	NO more than 2 meals a month of Bass.
General public (people not in the first two groups):	
Kokanee <i>All CDA lakes</i>	12 gutted whole fish meals or 20 fillet meals per month
Bullhead <i>Central lake</i>	8 gutted whole fish meals or 14 fillet meals per month
Bass <i>*Statewide</i>	Should not eat more than 8 meals a month of Bass.

Other Fish

Kokanee and Bullhead are similar to many fish in the lake that were not tested. It is possible that these fish have high levels of lead, arsenic and mercury, and the guidelines above should be followed:

For: Bluegill, Crappie and Perch less than 8 inches, Pumpkinseed, Rainbow Trout, Brook Trout, Cutthroat Trout & Tench, follow Kokanee guidelines

For: Channel Catfish, Suckers, and Pike follow Bullhead guidelines

*Statewide Mercury Advisory For Bass:

Issued for all lakes, rivers, reservoirs and other water bodies in Idaho for **BASS** due to mercury contamination. To be safe it is recommended to follow the consumption limits in the chart above.

- All people **SHOULD NOT** eat any other fish during the month if you eat these amounts of Bass caught in Idaho.

People with increased blood lead levels or living in an area with high concentrations of lead in their yard soil or house dust should eat less whole bullhead than suggested in this advisory. This is especially true for pregnant women and children.

Get the Best Information

Lead Health Intervention Program

Lead health effects commonly go unrecognized. Ask about risk of exposure, blood lead screening, and education programs. We recommend annual lead testing for all children, especially those living or recreating in the Coeur d'Alene Basin.

Panhandle Health District
(208) 783-0707

www.panhandlehealthdistrict.org



Public Health
Prevent. Promote. Protect.
Panhandle Health District

There is a resource available to help you make decisions that protect you, your property, and water quality on or near waterways in the Coeur d'Alene Basin. For more information, contact the CdA Lake Management coordinators at **(208) 666-4623**, **(208) 667-5772**, or go to <http://ourgem.org/landowners.php>.



Riley and Rita Raccoon say:
"Be Smart Around Lead,"



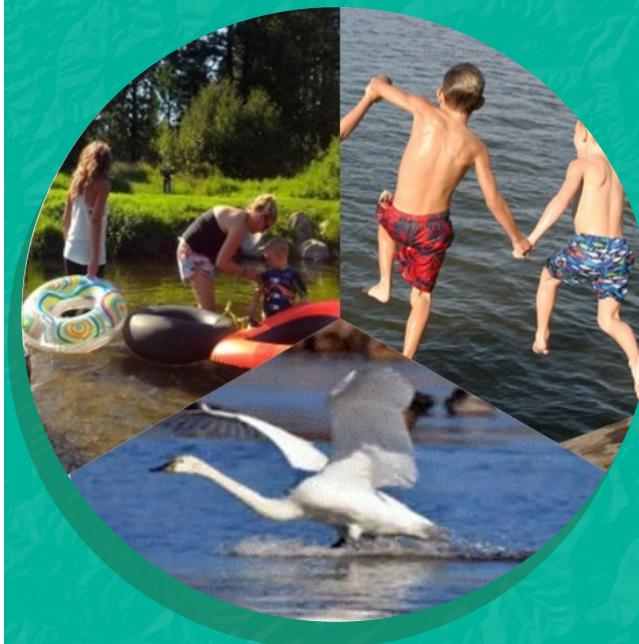
Print "Riley's Family"
Coloring and Activity
Book Online!



Idaho Department of Environmental Quality
(208) 783-5781

www.deq.idaho.gov/PlayClean

Recreate Safely in the Coeur d'Alene Basin



PLAY CLEAN

www.deq.idaho.gov/PlayClean



www.facebook.com/CDAbasin



Healthy Recreation in the Coeur d'Alene Basin

The discovery of silver in the 1880's led to the "Silver Valley" becoming one of the most productive mining areas in the U.S. Common industry practices of the time and natural processes like flooding, caused heavy metal contaminants to be spread throughout the Basin. Environmental cleanup has been ongoing for decades. Cleanup continues to protect human health and provide ecological restoration. Heavy metals that pose a risk to human health are still encountered along shorelines, floodplains, and historic mine and mill sites. One of the most common contaminants is lead. Exposure to lead and other heavy metals can occur through ingestion and inhalation of contaminated soils. Lead exposure can affect nearly every system in the body and often occurs with no obvious symptoms. No safe blood lead level in children has been identified.

It is easy to reduce exposure and enjoy your time recreating in the Coeur d'Alene Basin. Follow the safety tips in this brochure.



Protect Yourself: Keep Clean, Eat Clean, Play Clean

- * Wash hands and face before eating.
 - * Bring water for drinking, cooking, and washing. **Do not** use water from the river - even if it is filtered!
 - * Eat on a table or on a blanket in grassy areas for protection.
 - * Remove dirt from clothes, toys, pets, and equipment **before** leaving area.
 - * Soil tracked home from recreation areas becomes an exposure source.
- Keep yourself and belongings clean.



Recreate Safely:

- * Wear bandanas or other dust-coverings over the mouth and nose when riding off-road trails.
- * When you use the *Trail of the Coeur d'Alene's*, stay on the trail and in designated areas.
- * Check fish consumption advisories. It is best to eat fillets only.
- * Do not harvest edible plants from floodplain areas.
- * Prolonged exposure increases risk, especially for young children and expecting mothers.