

# PFAS Fish Advisory for Starkweather Creek and Lake Monona

## Supplement to Choose Wisely: A health guide for eating fish in Wisconsin

### Why has an updated fish consumption advisory been issued for Starkweather Creek and Lake Monona?

Recent sampling by the Wisconsin Department of Natural Resources shows elevated PFOS in fish tissue and surface water in those waterways. PFOS is one of many per- and polyfluoroalkyl substances (PFAS). PFOS detection is the driving force behind establishing the fish consumption advisory for Starkweather Creek and Lake Monona in Dane County.

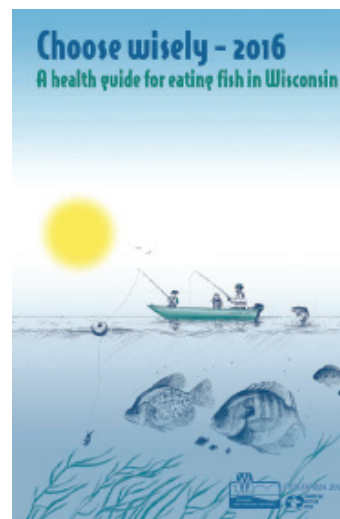
### What are PFAS?

PFAS are a group of human-made chemicals used for decades in numerous products, including non-stick cookware, fast food wrappers, stain-resistant sprays and certain types of firefighting foam. These legacy contaminants have made their way into the environment in a variety of ways, including spills of PFAS-containing materials, discharges of PFAS-containing wastewater to treatment plants, and certain types of firefighting foams. PFAS are very resistant to degradation. PFOS, in particular, builds up in fish tissue, but accumulation patterns are hard to predict. Panfish (white bass, bluegill and crappie) tend to have higher PFOS levels.

### What are the health risks of PFAS?

PFAS can be stored in your body for years. Health risks may increase as you eat more fish that are high in PFAS. Following these advisories will help protect you from excess PFAS exposure and other contaminants found in fish, including mercury and PCBs. Some of the health risks of PFOS are found in the following table:

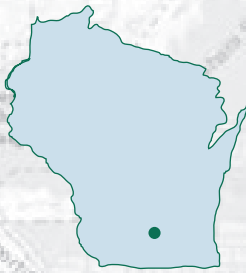
*See the Lake Monona and Starkweather Creek fish consumption advisory table and map on the back of this page.*














Health Risks	PFOS	PCBs
Developmental impairments in children	●	●
Links to a higher risk of cancer	●	●
Harm to the immune system	●	●
Increased cholesterol levels	●	
Harm to the reproductive system	●	●
Altered hormone regulation	●	
Altered thyroid hormones	●	●

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# Fish Consumption Advice for Lake Monona and Starkweather Creek



Starkweather Creek		
Species	Up to 1 meal/week	Up to 1 meal/month
 Bluegill	All sizes	
 Largemouth bass		All sizes
 Northern pike		All sizes
 Walleye		All sizes
 Yellow perch		All sizes

Lake Monona		
Species	Up to 1 meal/week	Up to 1 meal/month
 Bluegill	All sizes	
 Common carp		All sizes
 Largemouth bass		All sizes
 Northern pike		All sizes
 Walleye		All sizes
 Yellow perch		All sizes

For all other species and sizes in these waters, follow the general statewide safe eating guidelines. See the DNR's website - <https://dnr.wi.gov/topic/fishing/consumption> or the *Choose Wisely* booklet for updates on these guidelines.