



PFAS in Fish Guidelines

Fish tested in several locations found levels of per- and polyfluoroalkyl substances (PFAS) above Maine CDC's recommended levels for regular consumption. Exposure to certain PFAS chemicals has been associated with:

- changes in liver and kidney function,
- changes in cholesterol levels,
- decreased immune response to vaccines in children,
- complications during pregnancy, and
- increased risk of kidney cancer and possibly testicular cancer.

Limit or eliminate consumption of all fish or certain fish species from these waterbodies.

Safe Eating Guidelines: PFAS

Area	Guidelines
Police Athletic League (PAL) Ponds in Fairfield:	Do not eat any fish from these waters.
Fish Brook in Fairfield, including any tributaries, from the headwaters to the confluence with Messalonskee Stream:	Do not eat any fish from these waters.
Messalonskee Stream from the Rice Rips Dam in Oakland to the Automatic Dam in Waterville:	No more than 3 fish meals per year of any fish species.
All of Durepo Pond and Limestone Stream from Durepo to the dam near Route 229 in Limestone:	No more than 3 fish meals per year of brook trout and do not eat smallmouth bass from these waters.
The Mousam River from below the Number One Pond Dam to Outlet Dam on Estes Lake, including all of Estes Lake in Sanford:	No more than 3 fish meals per year of any fish species.
The Presumpscot River from Saccarappa Falls in Westbrook to Presumpscot Falls in Falmouth:	No more than 4 fish meals per year of any fish species.
Unity Pond in Unity:	No more than 6 fish meals per year of black crappie and no more than 12 fish meals per year for all other fish species.