

Shoalhaven fishing and dietary advice

October 2018

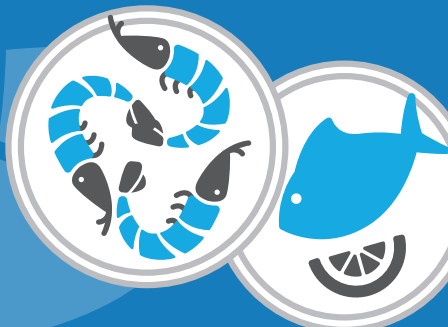
PFAS (per- and poly-fluoroalkyl substances) have been detected in fish species of the Shoalhaven River Estuary, likely related to past use of fire fighting foam in the area. The Department of Primary Industries has implemented the updated recommendations of the NSW Government, and advises people who frequently catch fish from this area to limit the number of servings of individual species according to the table provided overleaf.

This advice is specific for fish sourced from the Shoalhaven River Estuary, and its tributaries, upstream and downstream of the Nowra Bridge (Princes Highway).

Catching fish from a variety of locations outside this area will assist in minimising exposure.

The waters are not closed to fishing and fishers can still take fish within existing rules noting the dietary advice, or choose to practice catch and release.

Seafood for
sale is safe
to eat



Dietary advice

These tables list the number of serves of a single species that can be eaten each week to result in an exposure equivalent to half of the health based guideline value.

Recommended maximum weekly intake for species caught between Nowra Bridge, upstream to the tidal limit of the Shoalhaven River Estuary

Species	Servings* per week	
	Children 2 to 6 years old	All other age groups
Luderick	3	6
Sea Mullet	3	5
Sand Whiting	5	#
Dusky Flathead	2	4
Common Silverbidy	1	3
Mulloway	5	#

Recommended maximum weekly intake for species caught between Nowra Bridge, downstream to the mouth of the Shoalhaven River Estuary

Species	Servings* per week	
	Children 2 to 6 years old	All other age groups
Sea Mullet	6	#
Common Silverbidy	5	#
Dusky Flathead	3	#
Mulloway	5	#

* Adult serving size = 150 g. Children serving size = 75 g.

#No dietary advice is required based on the reported PFOS and PFHxS concentrations. Concentrations were below the adopted trigger values in the samples analysed.

Note:

- Consumption of offal in all species should be avoided.
- Species specific information is for when a single species of fish is eaten per week. Eating multiple species would result in a greater exposure.
- Australian Bass and Estuary Perch have also been sampled and tested from the Shoalhaven River, but no dietary advice is necessary for these species.
- General fish and seafood consumption advice states that people should eat 2-3 serves of fish and seafood each week as part of a balanced diet.
- Independent of the site-specific advice related to PFAS above, pregnant women and women planning pregnancy should see the following fish consumption advice published by Food Standards Australia New Zealand (FSANZ):
<http://www.foodstandards.gov.au/consumer/chemicals/mercury/Pages/default.aspx>

Additional PFAS information:

www.epa.nsw.gov.au/MediaInformation/pfasinvestigation.htm