



Shoalhaven fishing and dietary advice

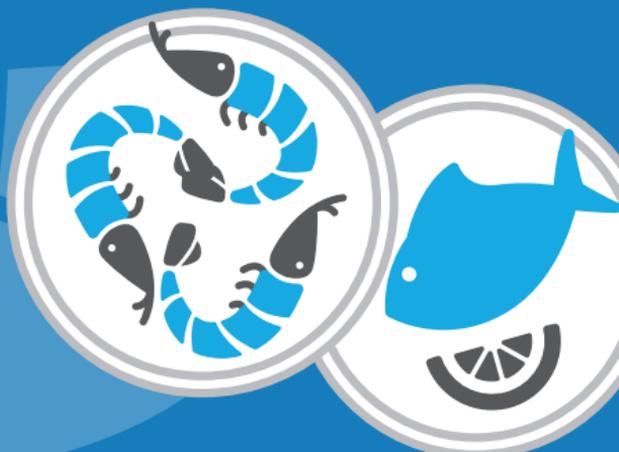
Elevated levels of PFAS (per- and poly-fluoroalkyl substances) have been identified in fish species of the Shoalhaven River estuary, likely related to past use of fire fighting foam in the area. The Department of Primary Industries has implemented the recommendations of the NSW Government, and advises 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 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 bag and size 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 to half of the health based guideline value.

Recommended maximum weekly intake for species caught in areas upstream of the Nowra Bridge.

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
Silverbiddy	1	3

Recommended maximum weekly intake for species caught in areas downstream of the Nowra Bridge

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

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

Note:

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

Additional PFAS information:

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

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