



## **Eating Fish Caught from Waters Affected by Harmful Algal Bloom**

Some algal toxins can accumulate in fish tissues, particularly in internal organs such as the liver and kidneys. If you decide to eat fish caught from waters affected by a harmful algal bloom, it is recommended that the fat, skin, and internal organs be removed and discarded before cooking. Before cooking or freezing the fish, rinse the fillets with clean water to remove any contaminants from the cleaning process.

Fish tissue monitoring and research has shown that fish fillets from fish caught from  
find

waters affected by a harmful algal bloom should be safe to eat as long as West Virginia  
fish consumption advisories are followed.

[https://www.wvdhhr.org/fish/printouts/Current\\_Consumption\\_Advisories.pdf](https://www.wvdhhr.org/fish/printouts/Current_Consumption_Advisories.pdf).

**For more information on harmful algal blooms, go to:**

<https://dep.wv.gov/WWE/watershed/Algae/Pages/default.aspx>

or

<http://www.wvdhhr.org/oehs>

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**Contact your local health department at:**

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