

HEALTH DEPARTMENT  
NEWS RELEASE



**FOR IMMEDIATE RELEASE**

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**For additional information contact:**

Lisa LaPlante at [Lisa.LaPlante@kentcountymi.gov](mailto:Lisa.LaPlante@kentcountymi.gov)

**State Eat Safe Fish Guidelines Set for Freska, Versluis Lakes**

**GRAND RAPIDS** – The Michigan Department of Health and Human Services (MDHHS) recently advised the Kent County Health Department of contamination of fish from Freska and Versluis Lakes. MDHHS caught and tested fish in the lakes last year for per- and polyfluoroalkyl substances (PFAS) and mercury. Staff set “Eat Safe Fish” guidelines for fish caught in these lakes to protect everyone, including children, pregnant and breastfeeding women, and people with existing health problems such as cancer or diabetes.

*Eat Safe Fish* recommendations are provided as “MI Servings.” Think of the Michigan mitten shape: one MI Serving for adults is 6-8 ounces of fish (about the size of an adult’s hand). For children, one MI Serving is 2-4 ounces of fish (about the size of an adult’s palm).

**FRESKA LAKE:** Bluegill, sunfish, largemouth bass, and smallmouth bass filets were collected from Freska Lake in 2017 and tested for PFAS and mercury. PFAS and mercury was found in all the fish species. MDHHS issued the following recommendations for eating fish from Freska Lake:

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Bluegill	Mercury & PFOS	Any	2
Sunfish	Mercury & PFOS	Any	2
Largemouth and smallmouth bass	Mercury	Under 18”	2
Largemouth and smallmouth bass	Mercury	Over 18”	1

**Versluis Lake**

**VERSLUIS LAKE:** Northern Pike were tested from Versluis Lake in 2017; PFAS and mercury were detected. MDHHS issued the following recommendations for eating fish from Versluis Lake:

Type of Fish Tested	Chemical Causing MI Serving Recommendation	Size of Fish	Recommended MI Servings per Month
Northern Pike	Mercury	Under 30”	2
Northern Pike	Mercury	Over 30”	1

An advisory has been added on the Kent County PFAS information pages at [www.accesskent.com/PFAS](http://www.accesskent.com/PFAS).

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and three satellite clinics located in Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).