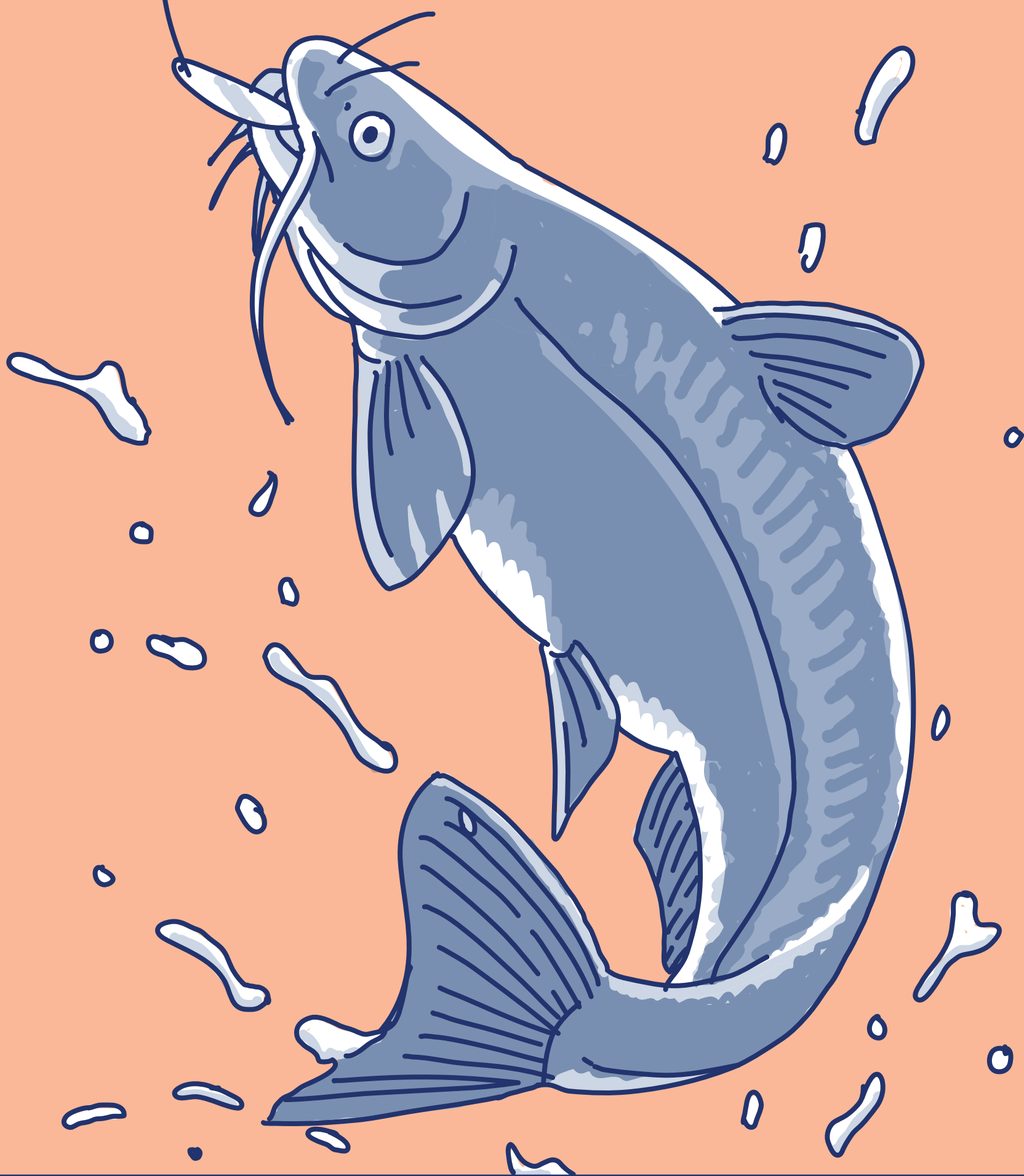


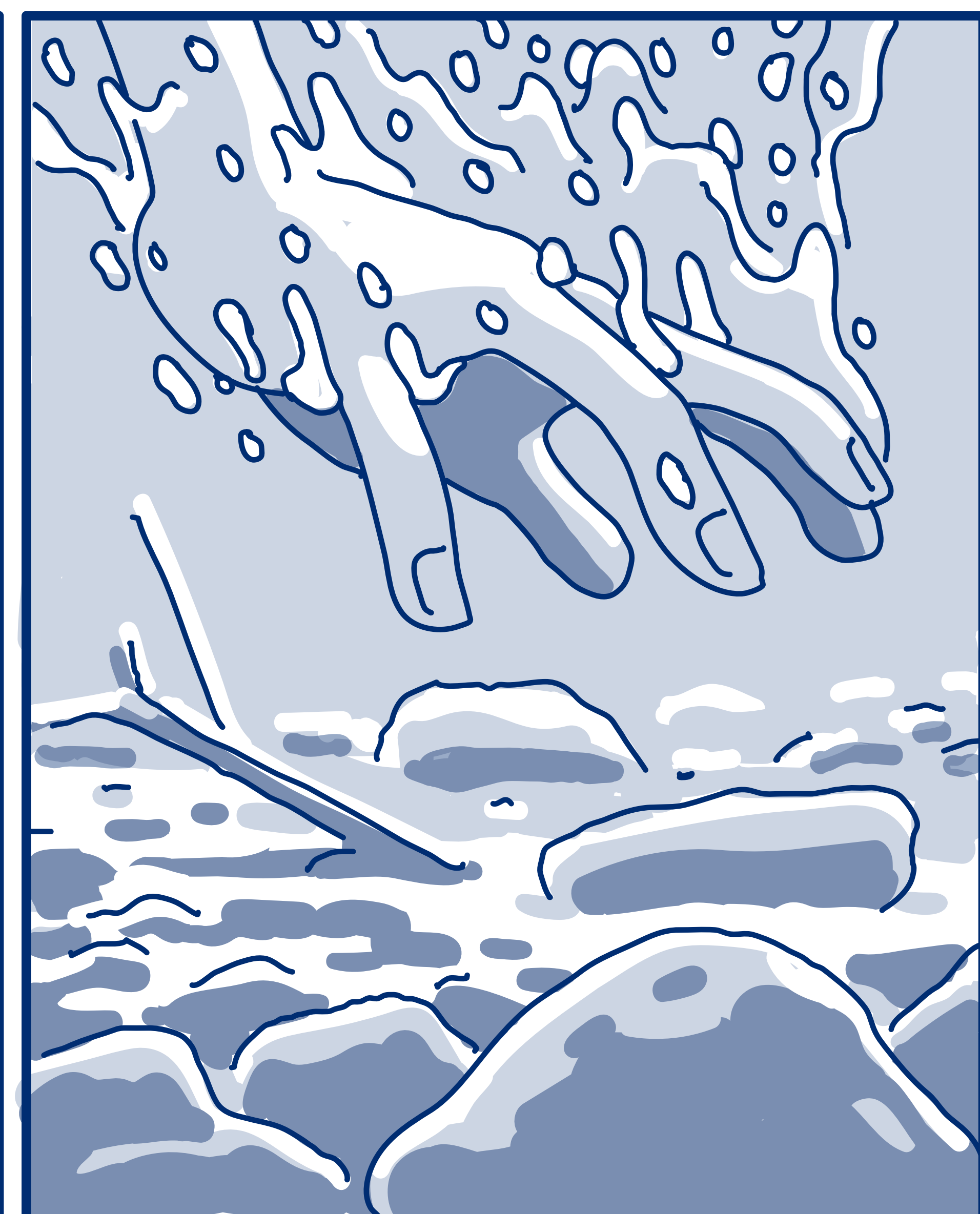
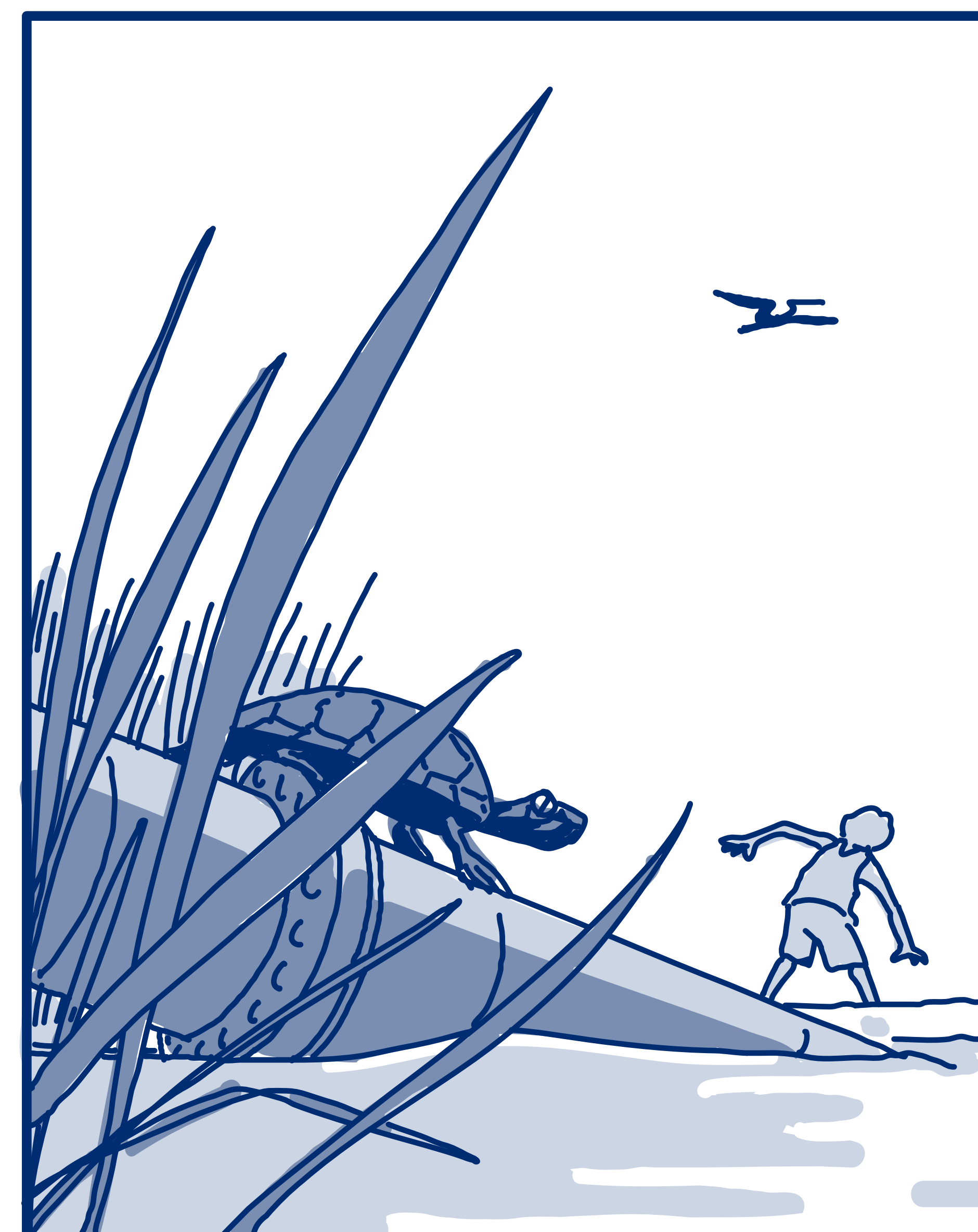
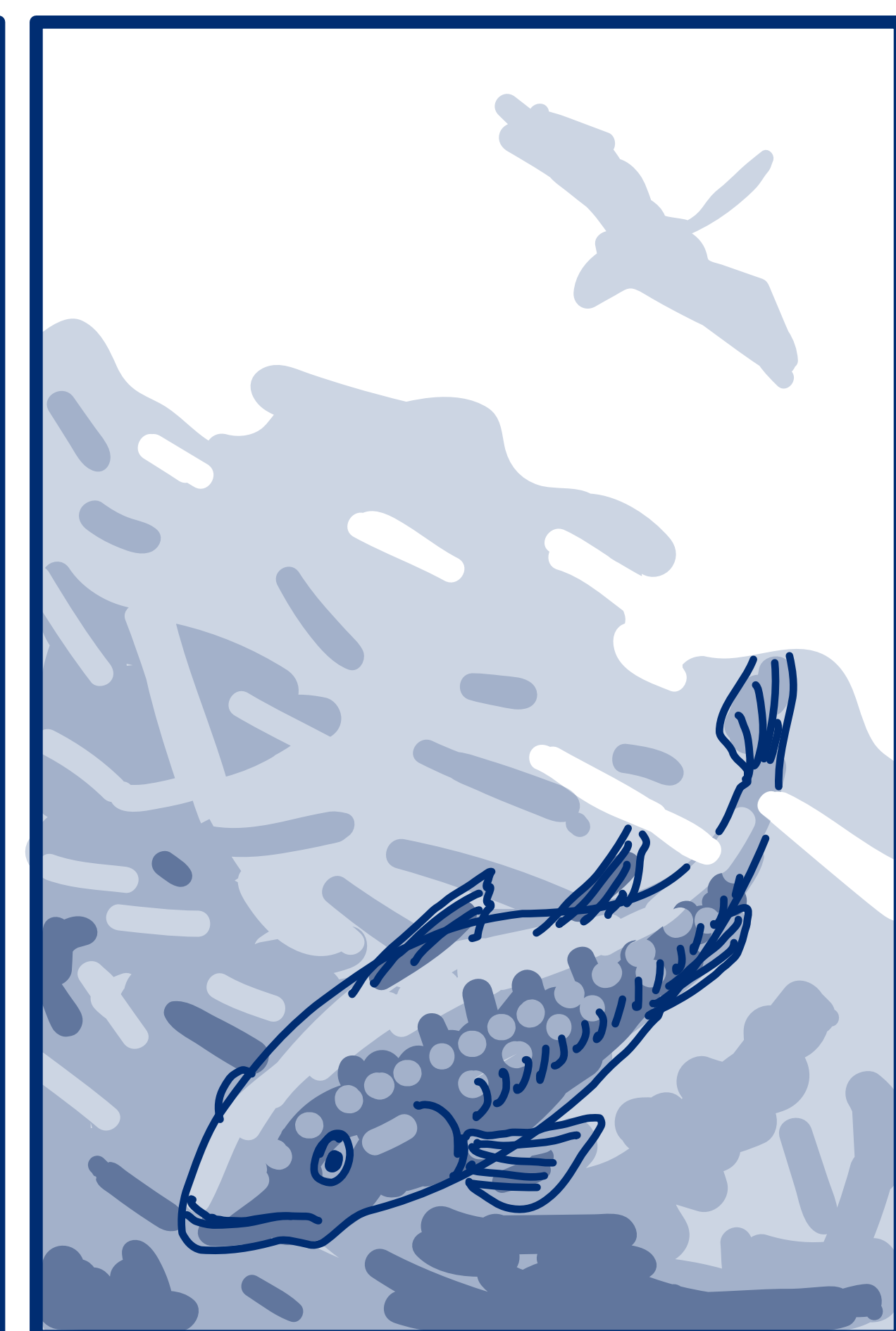
CAPE FEAR *Kids*

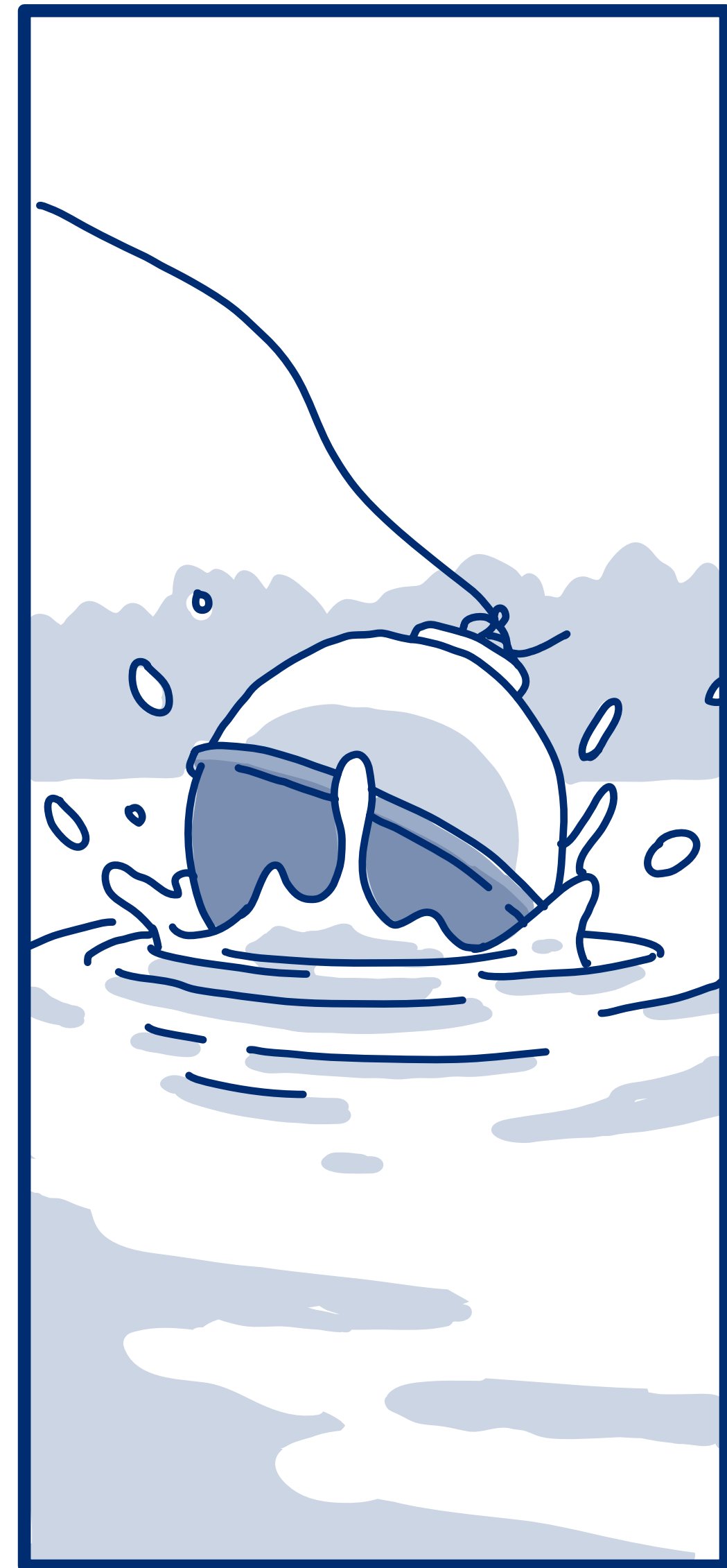
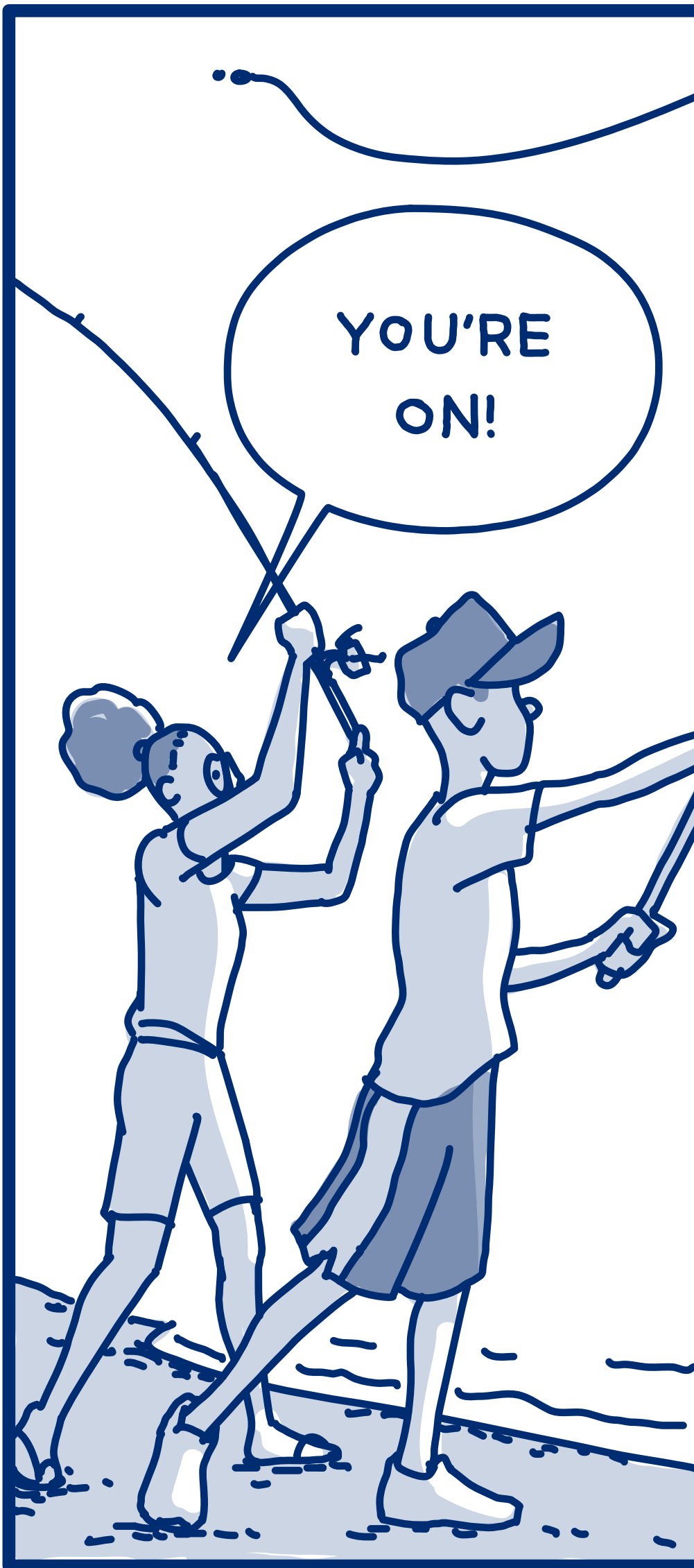
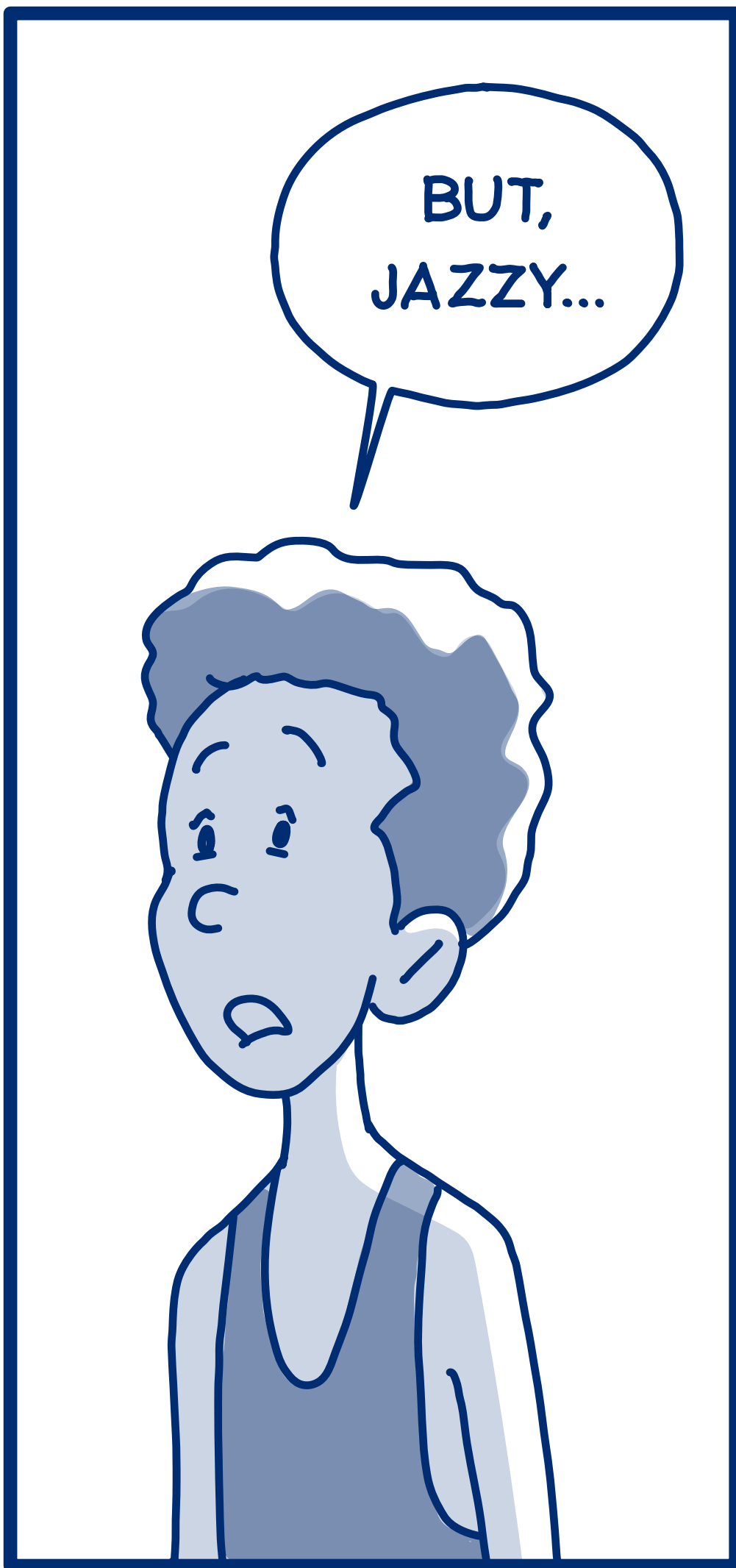
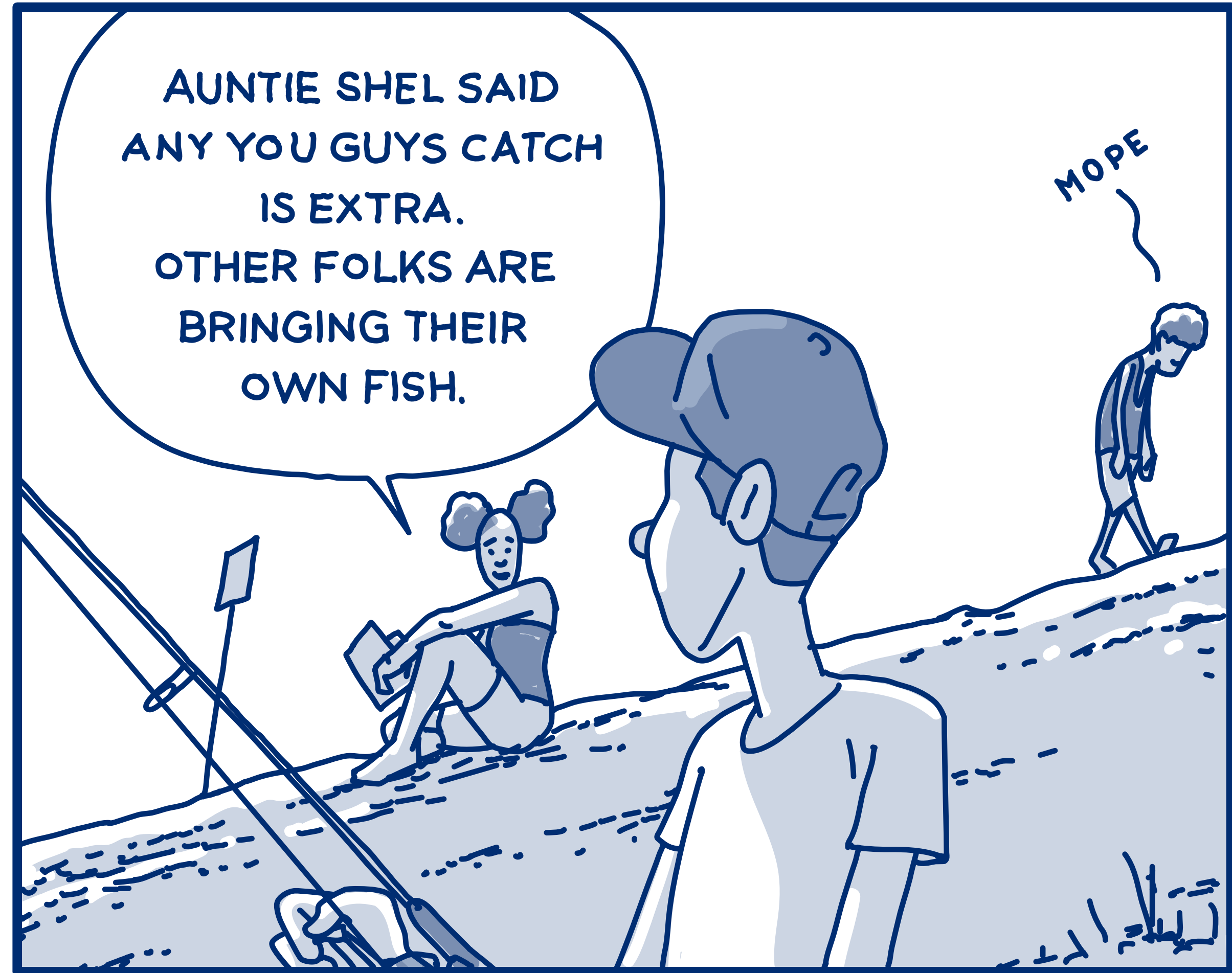
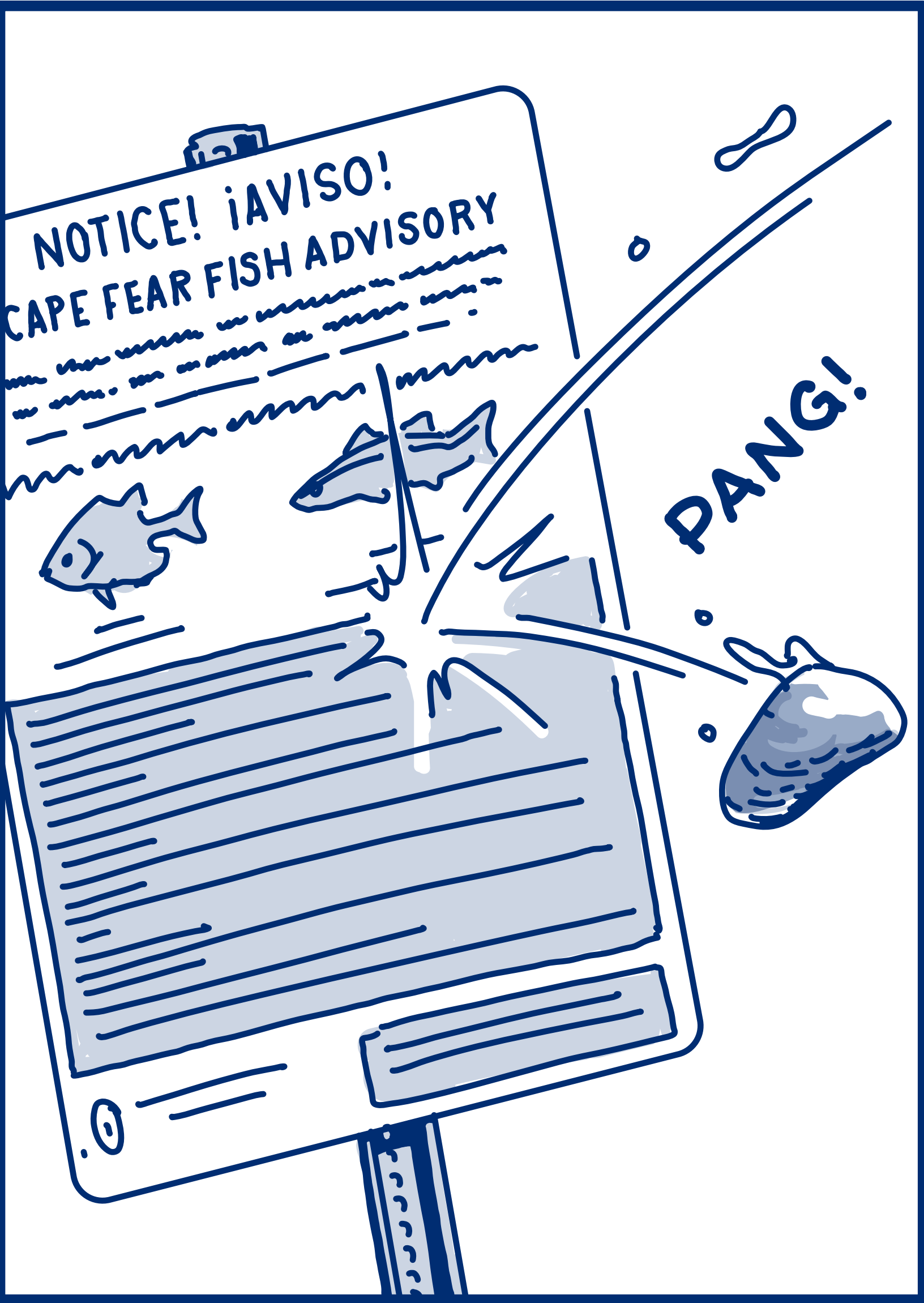
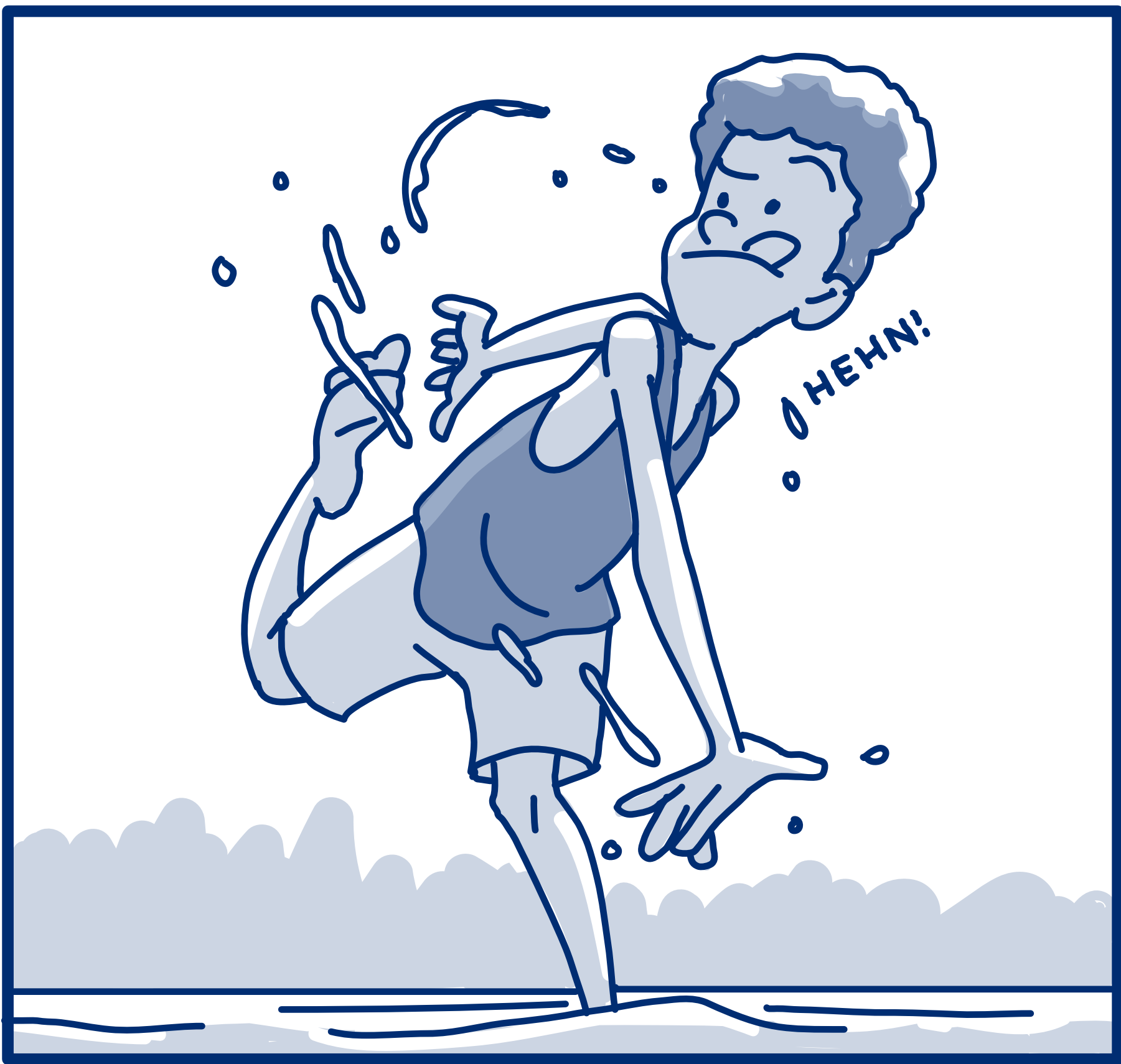
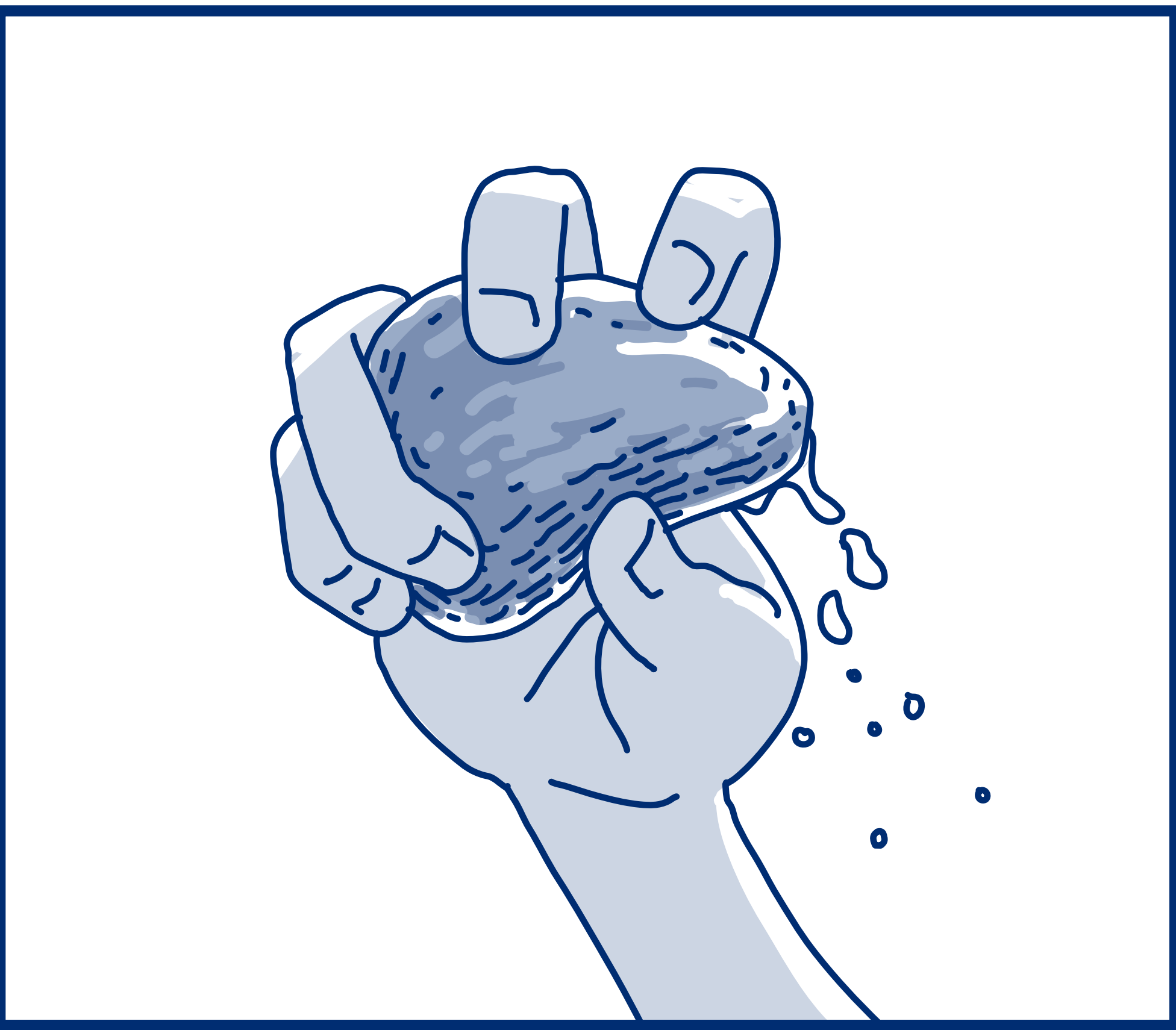
G O F I S H I N G

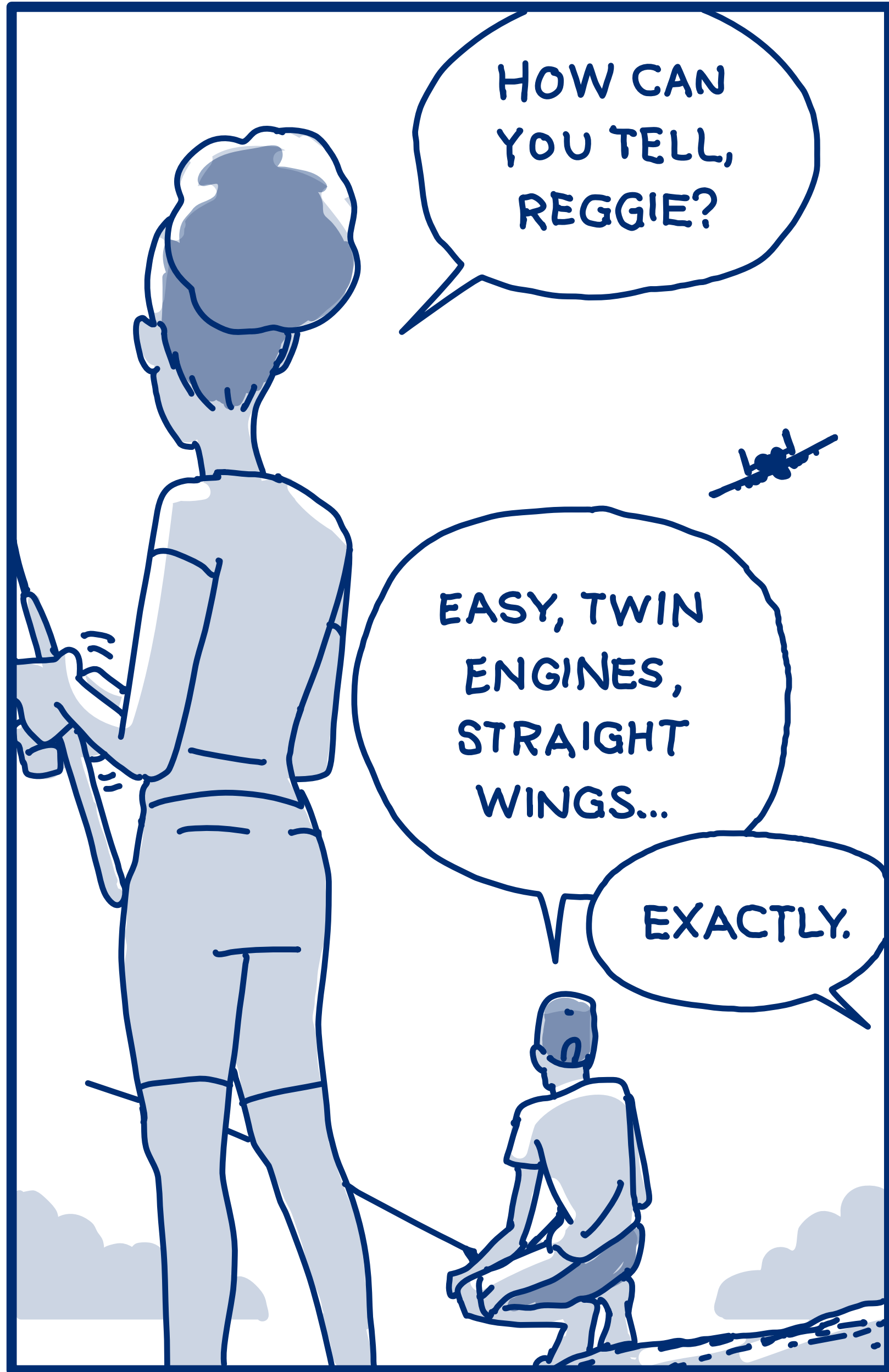
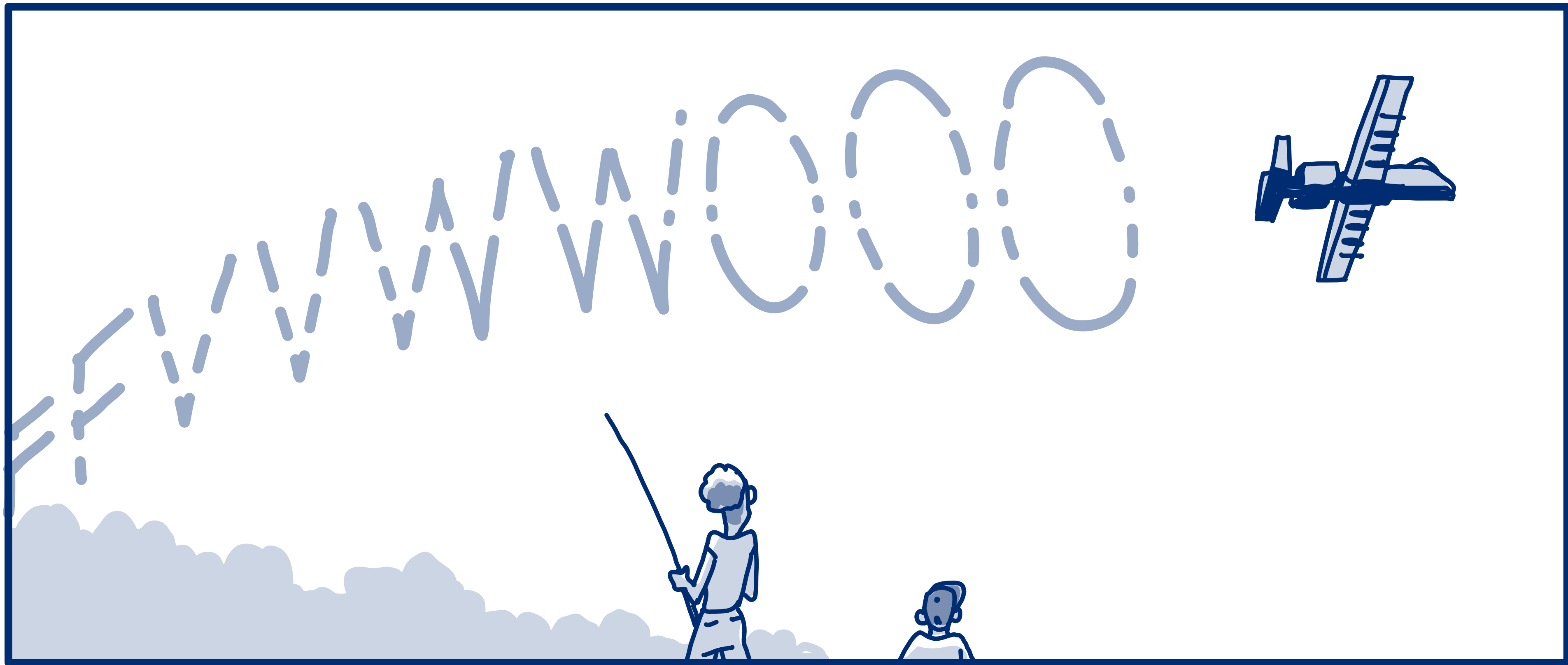
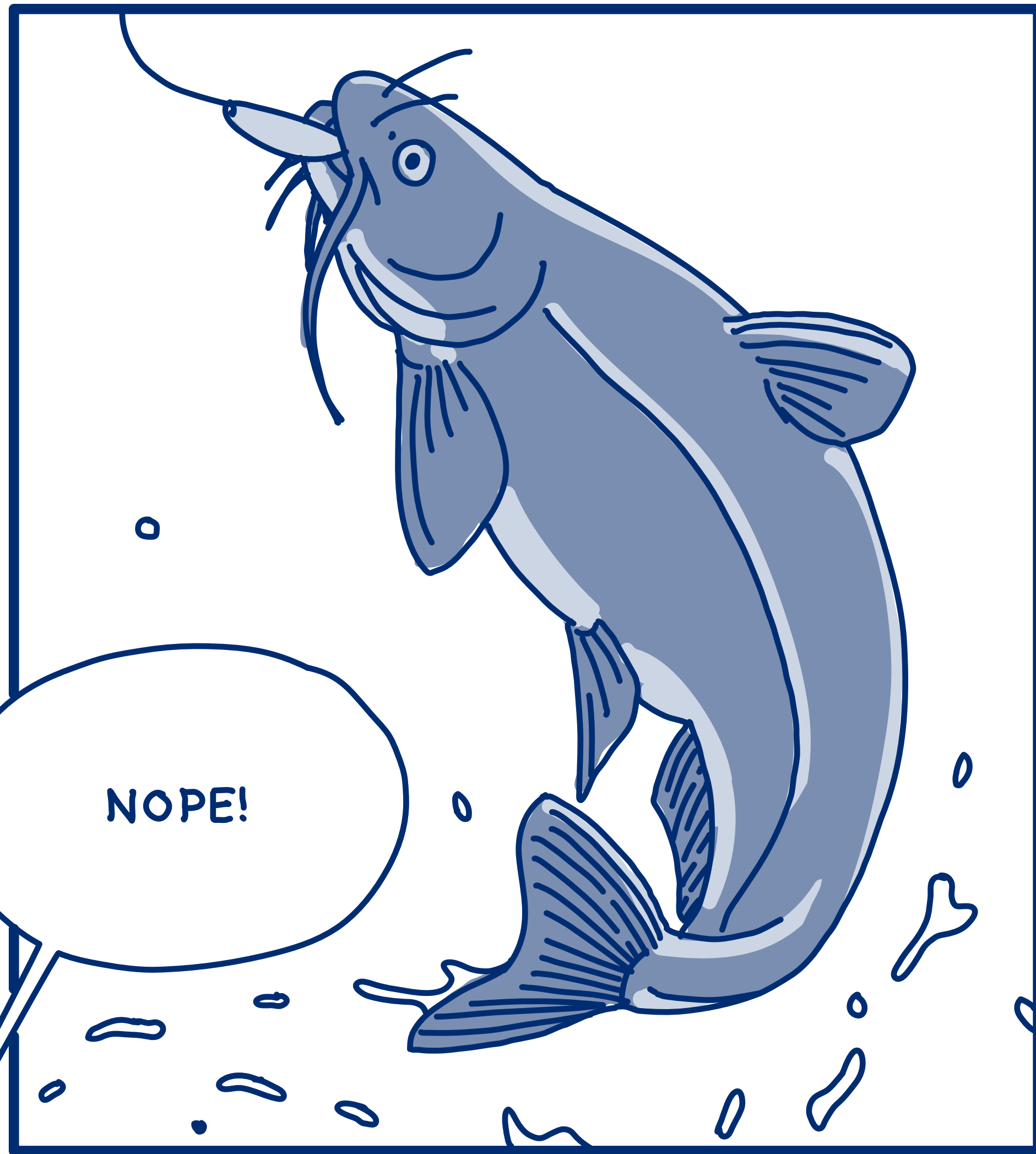
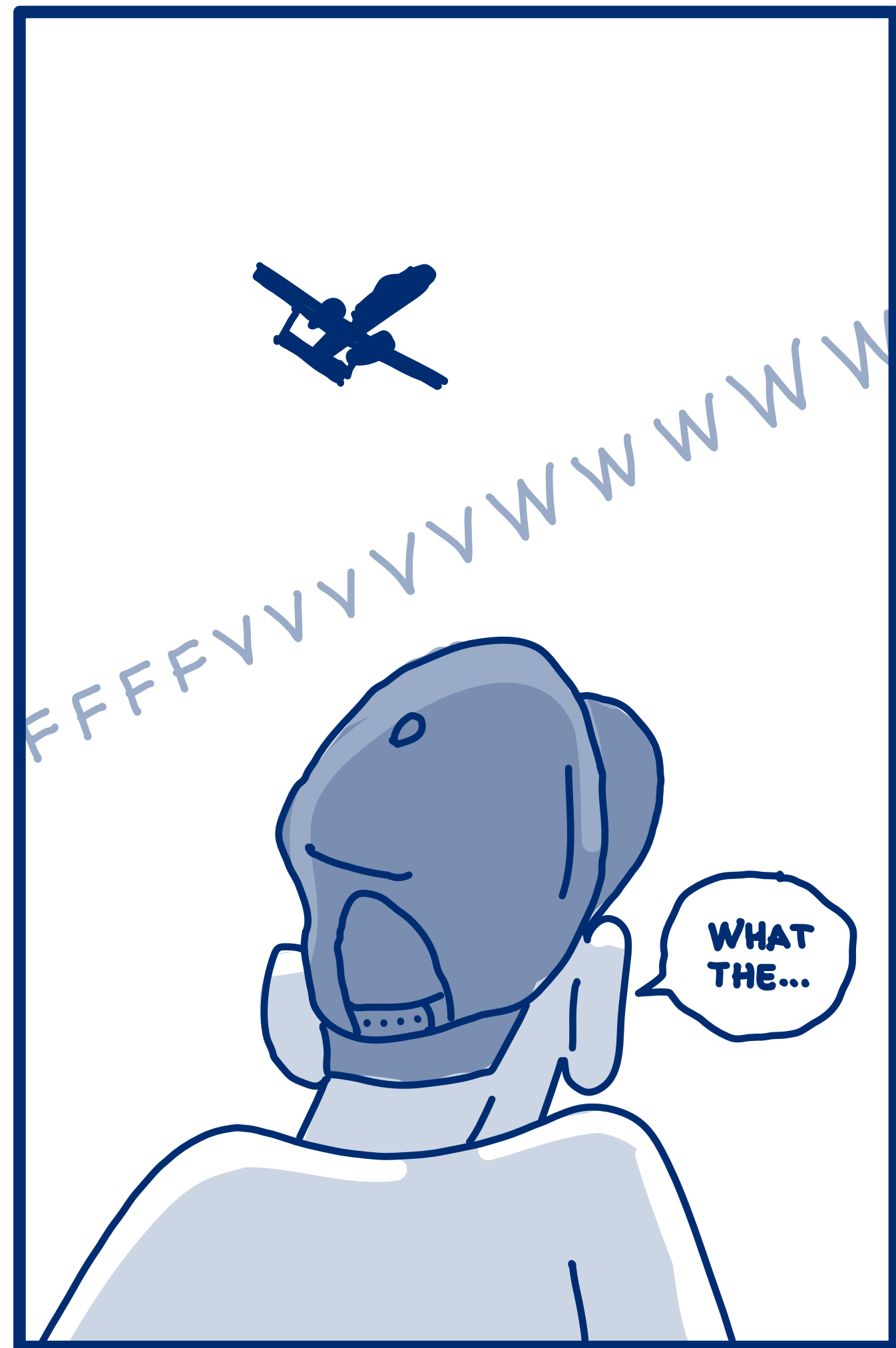
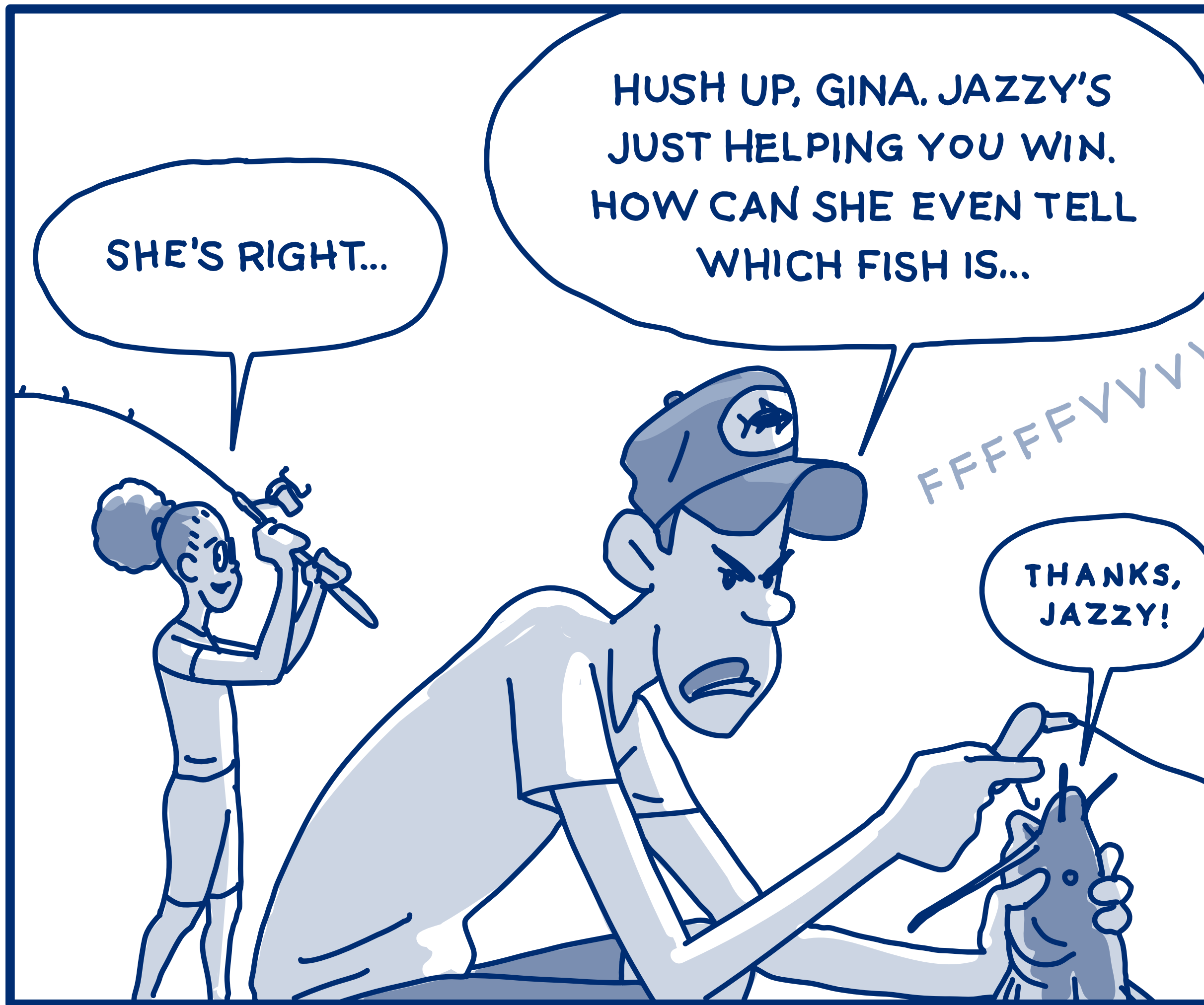
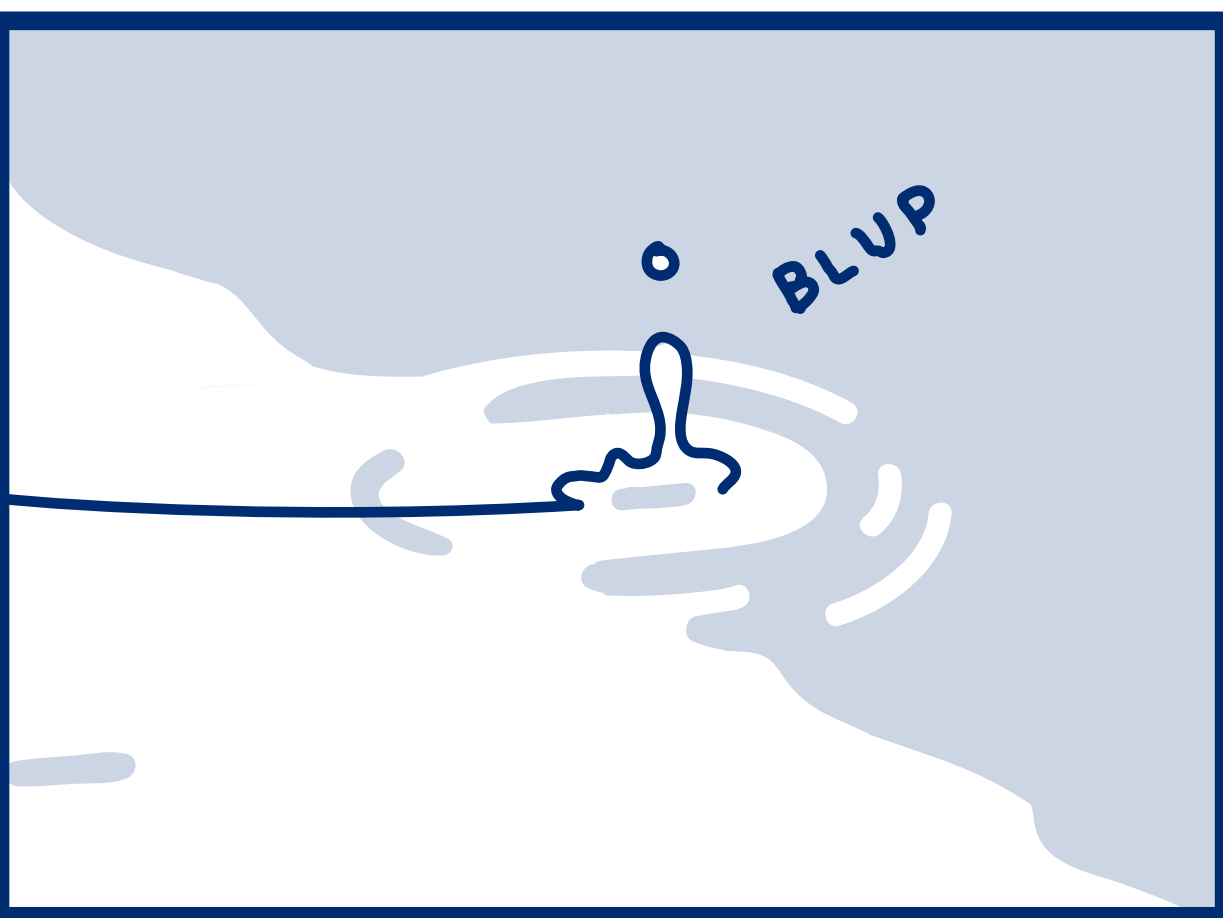
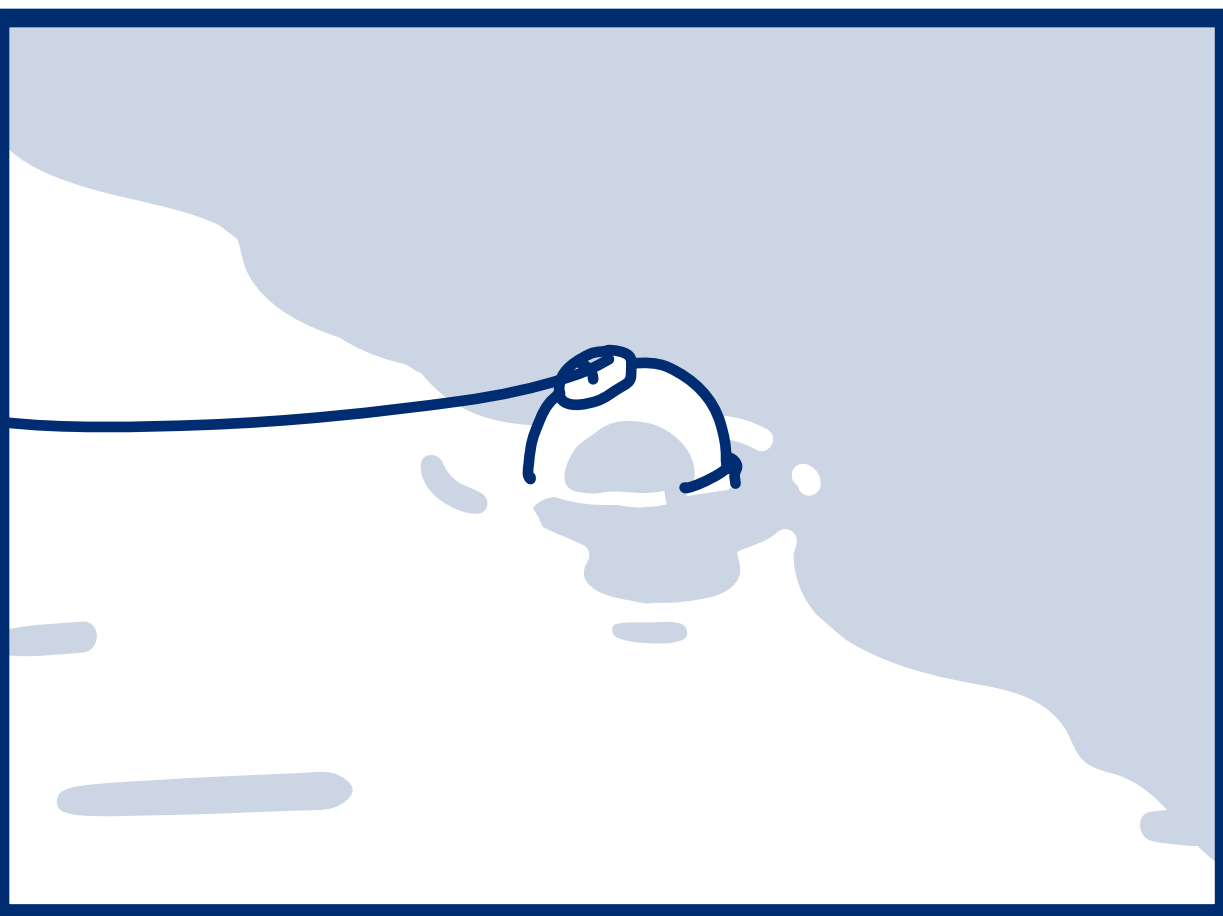


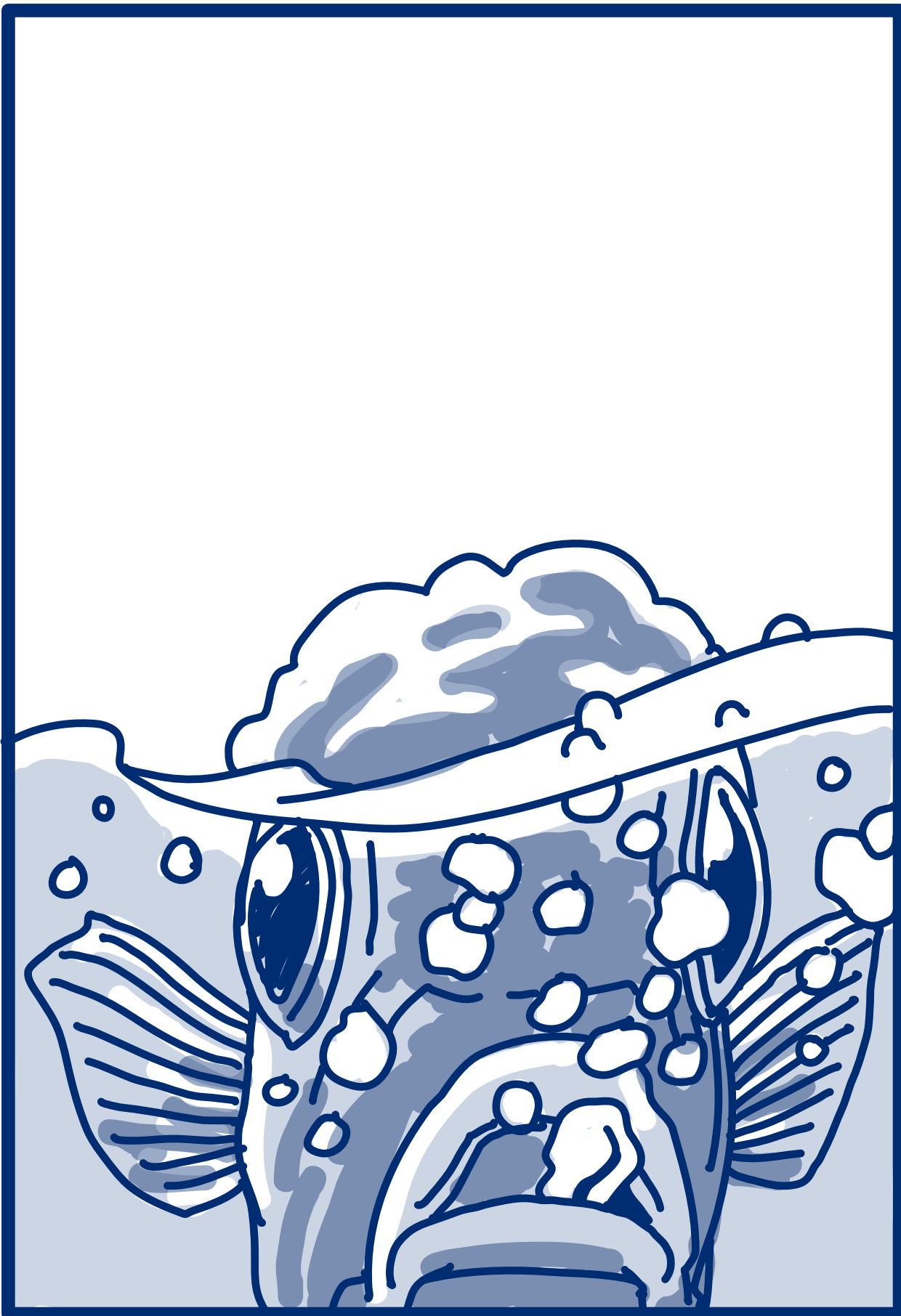
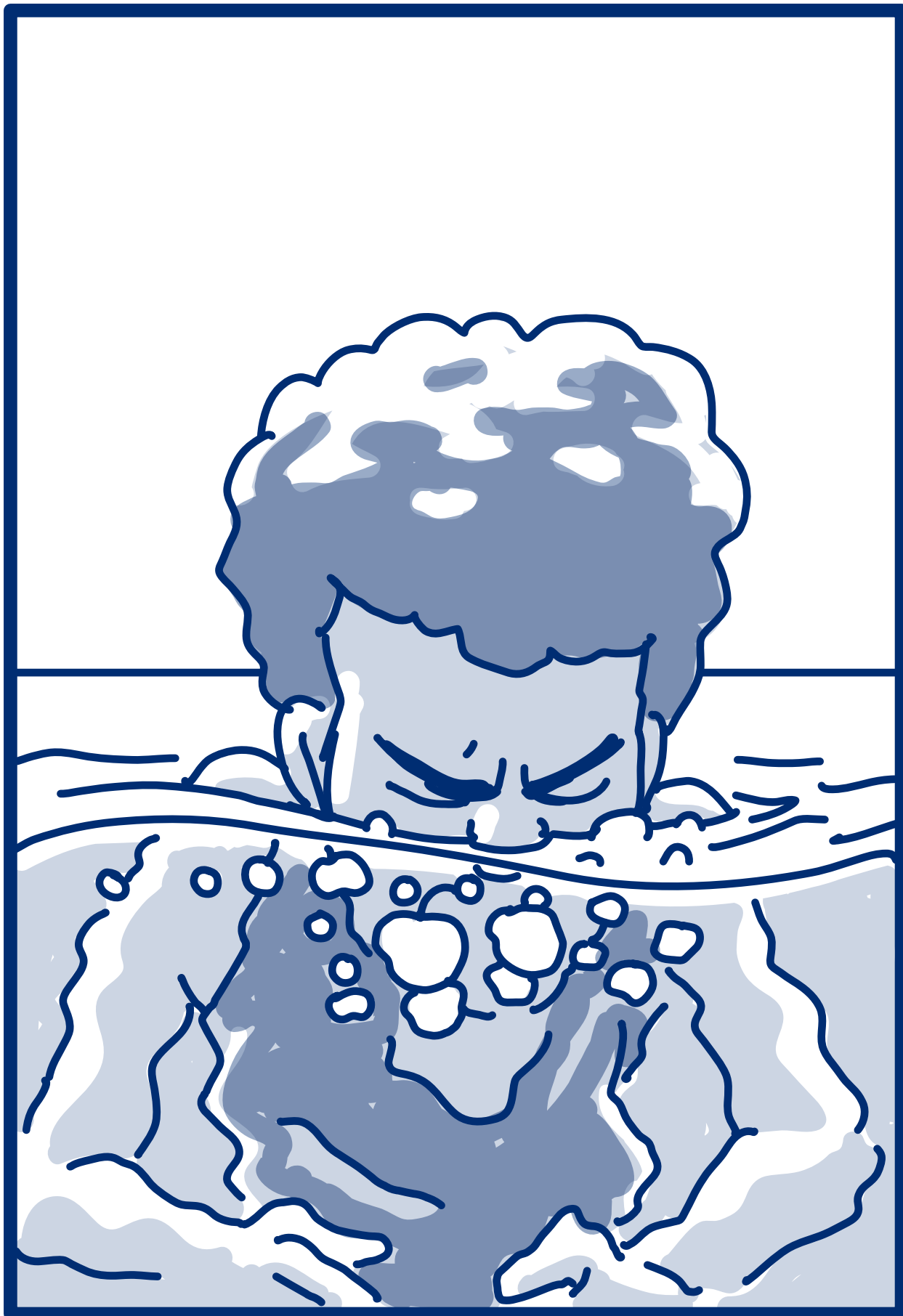
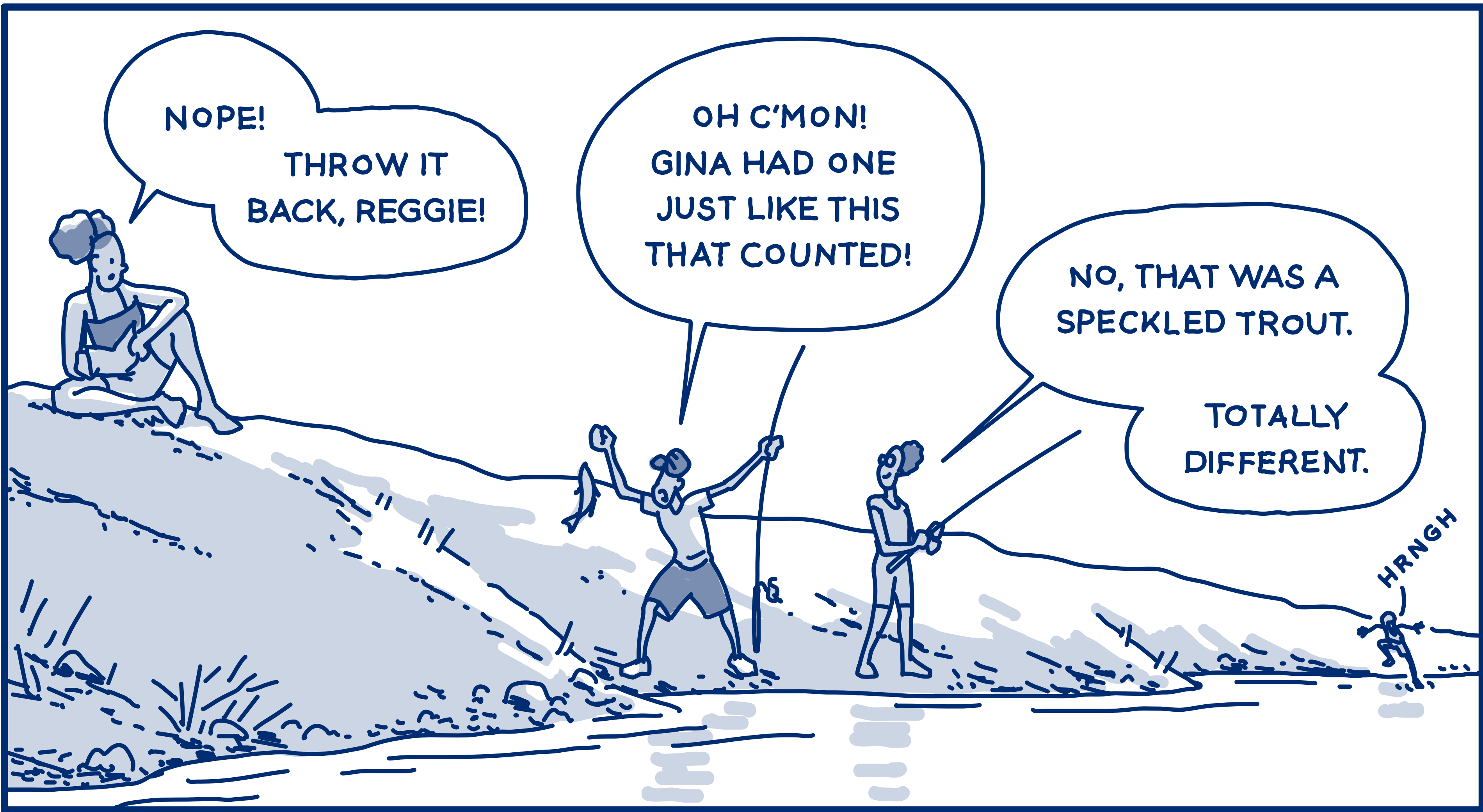
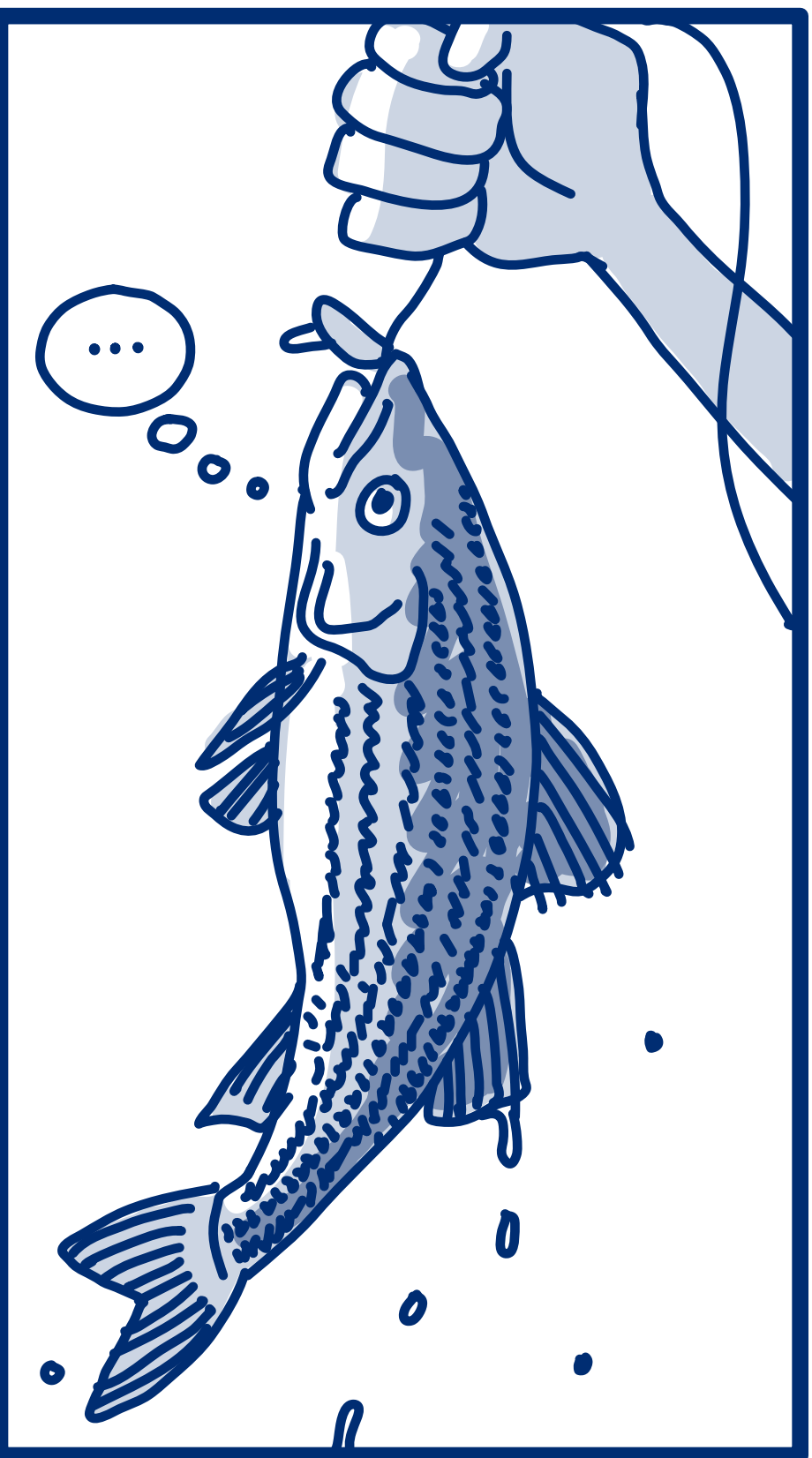
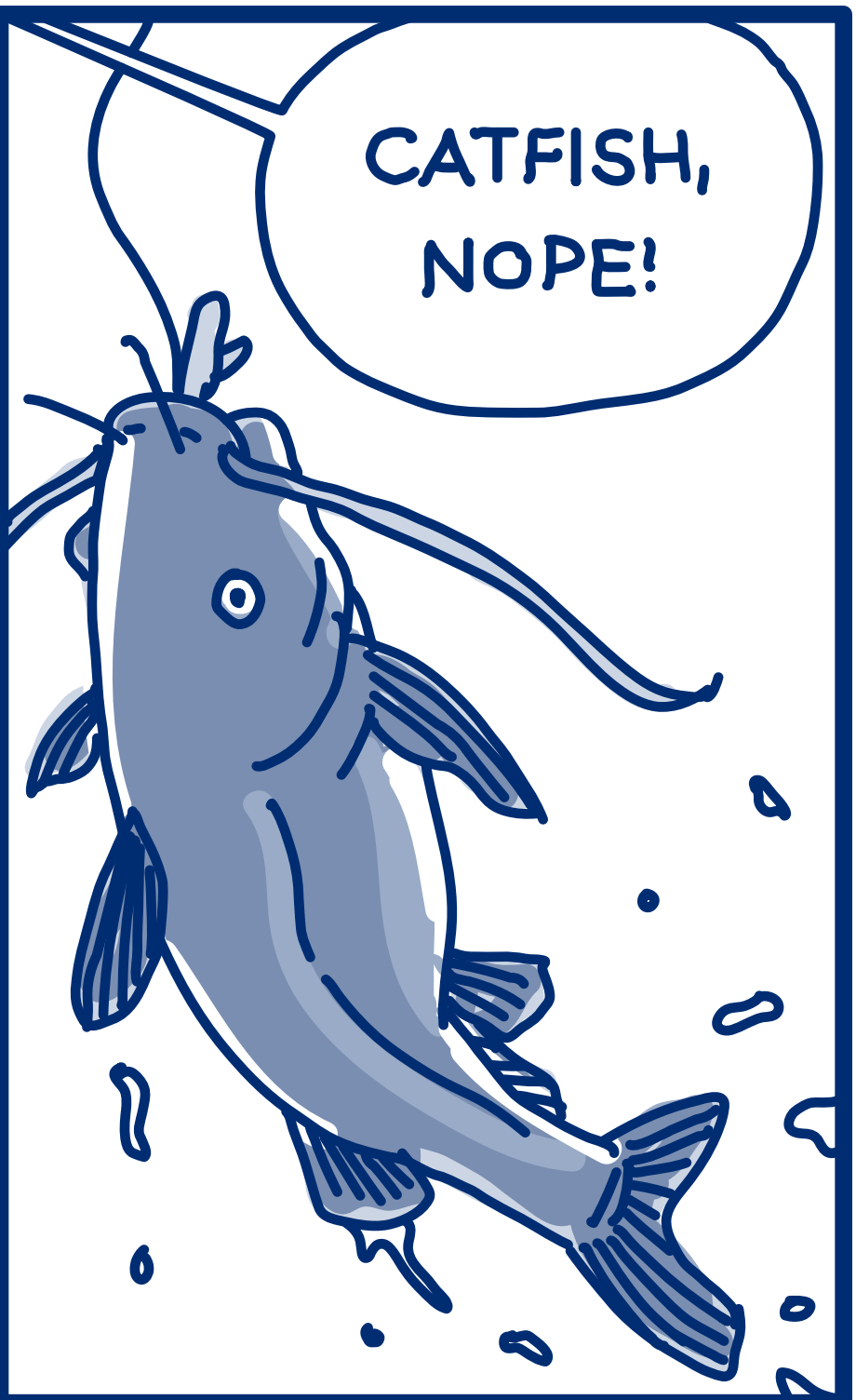
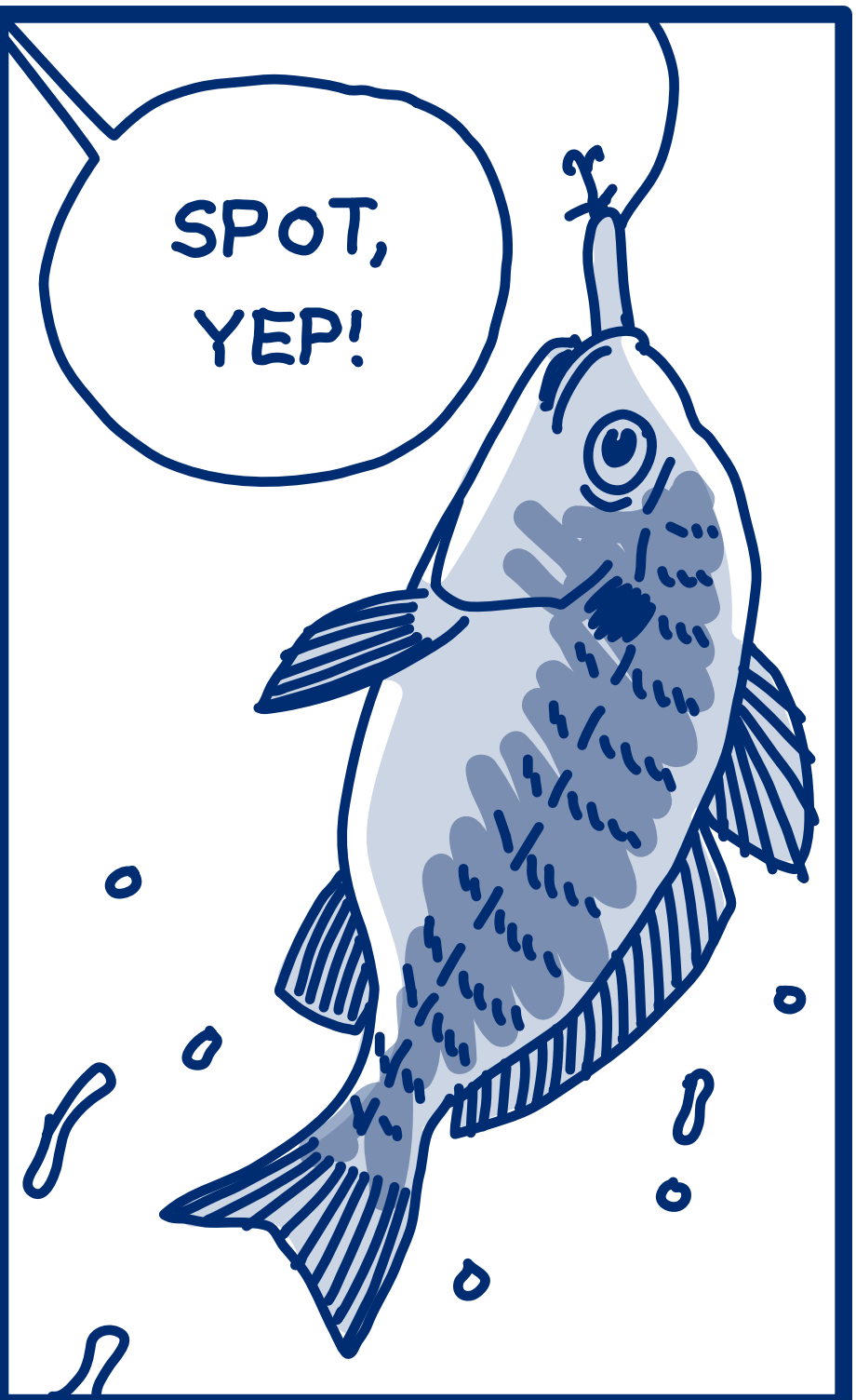
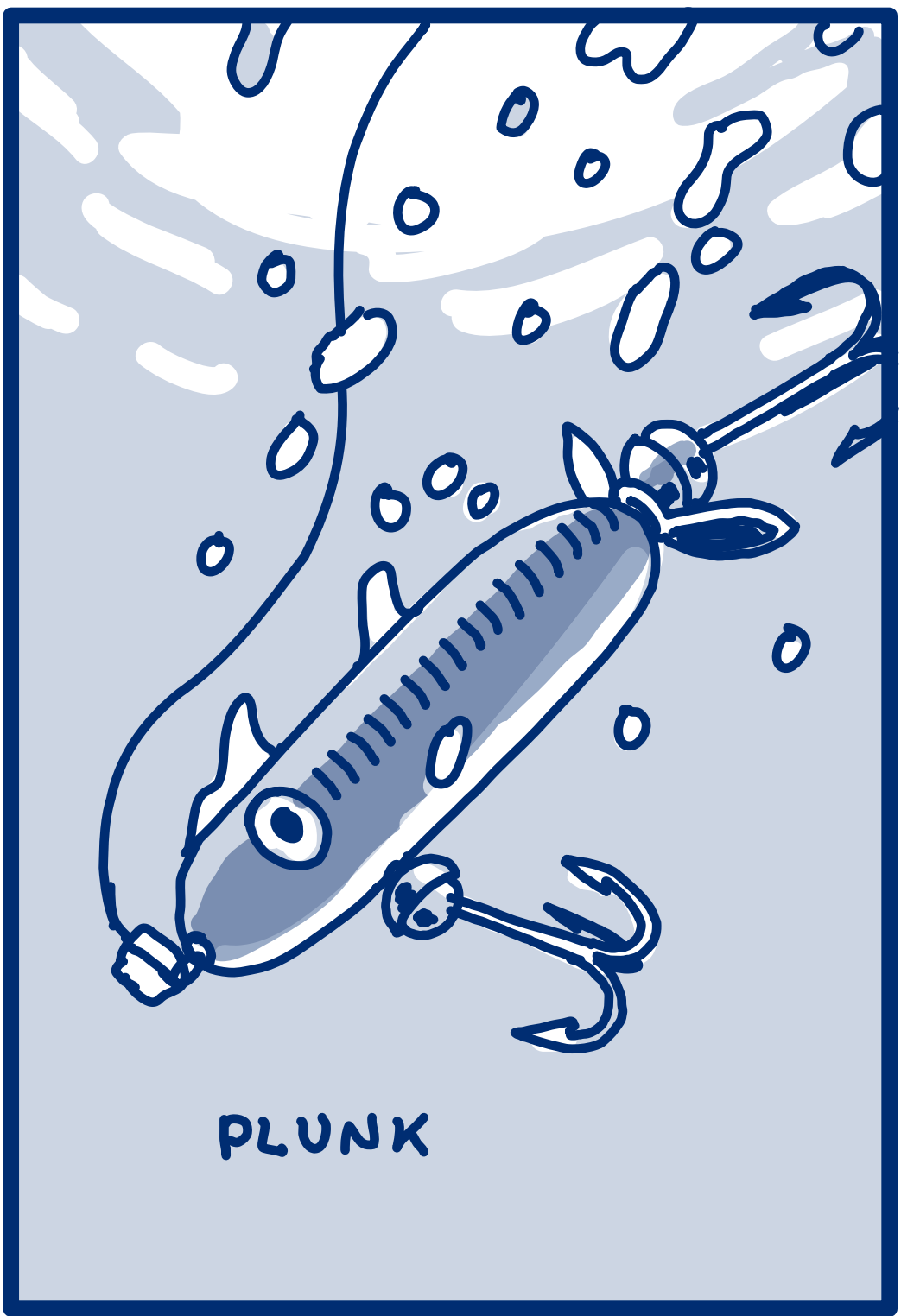
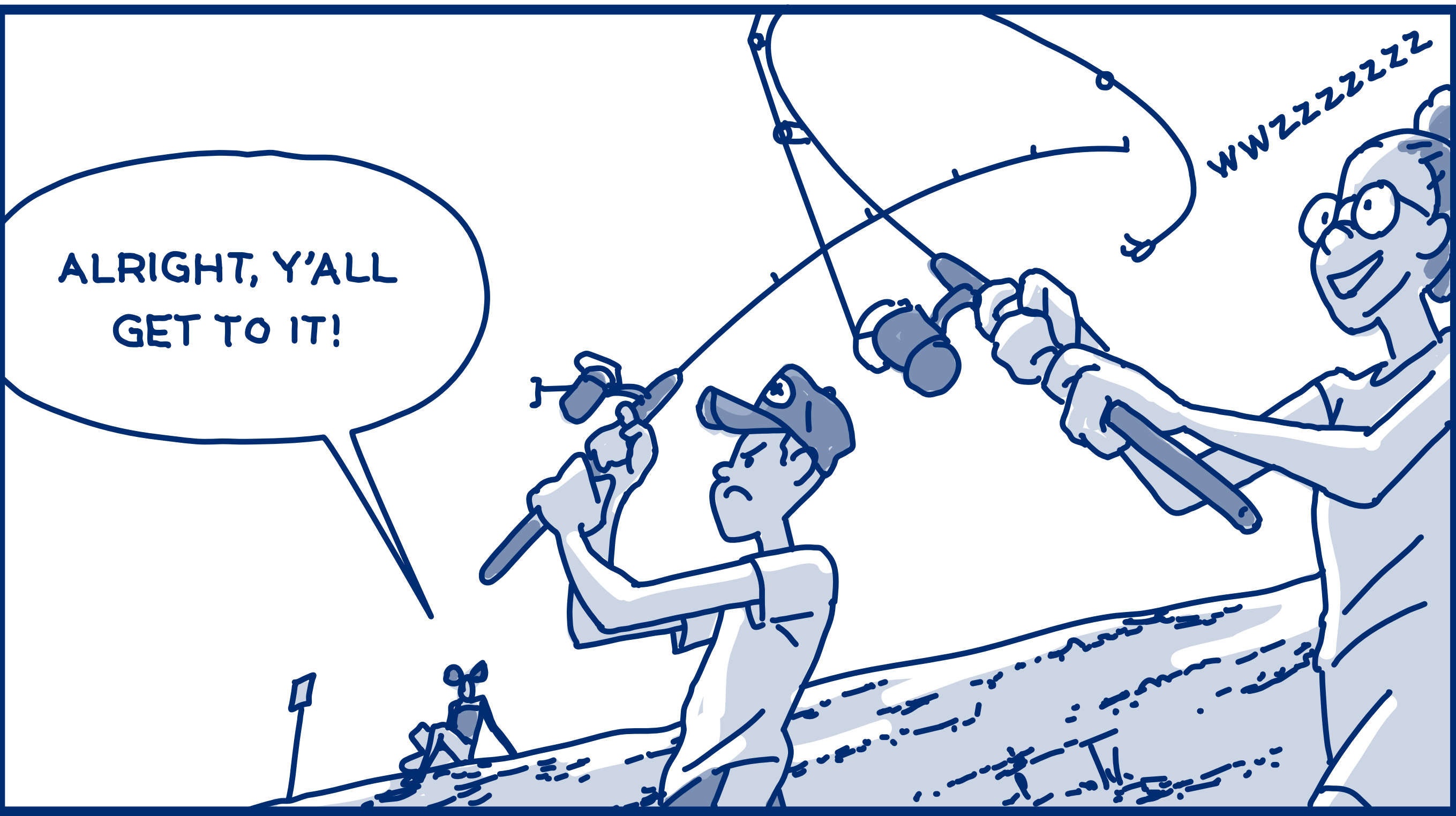
CAPE FEAR *Kids*

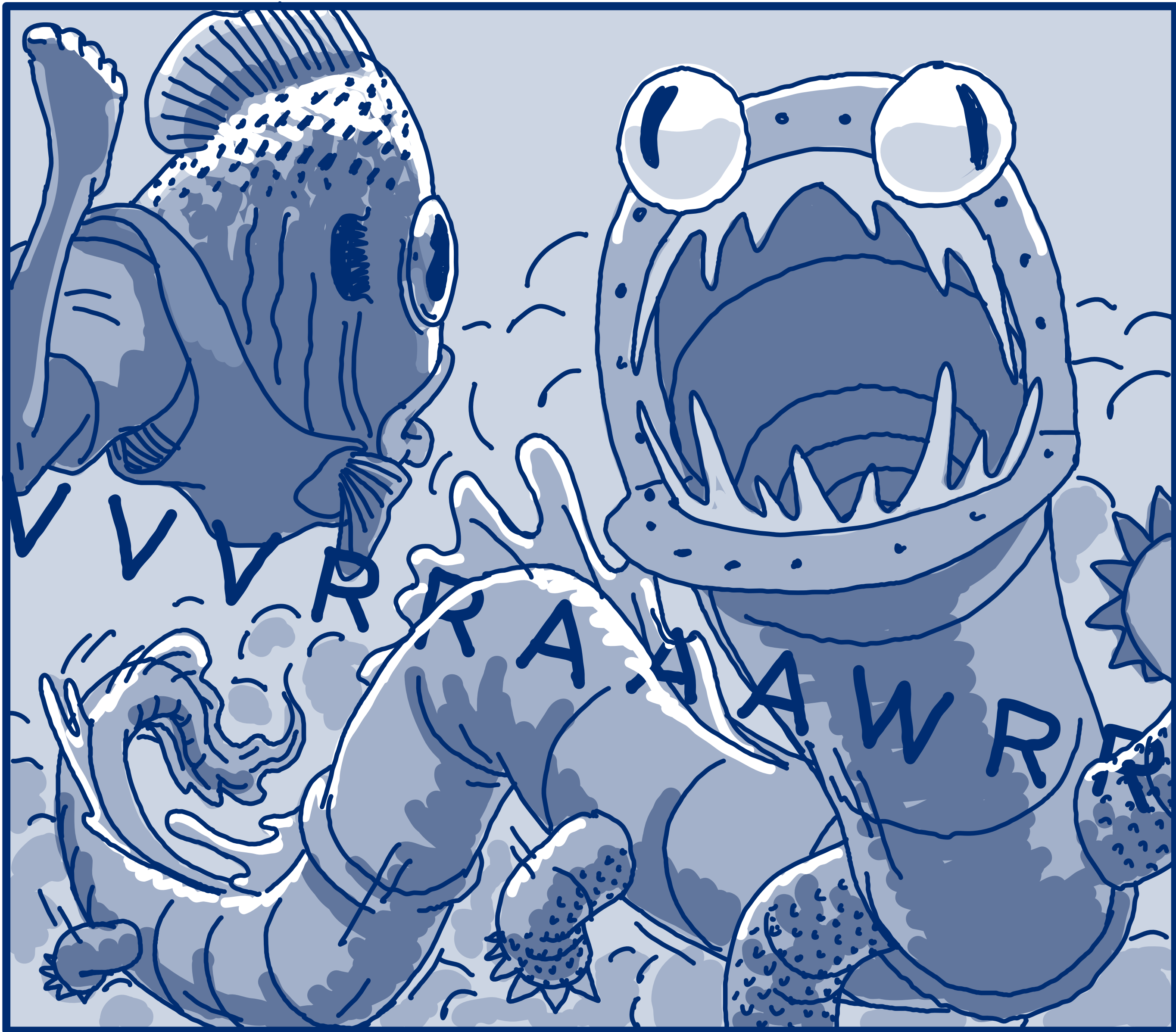
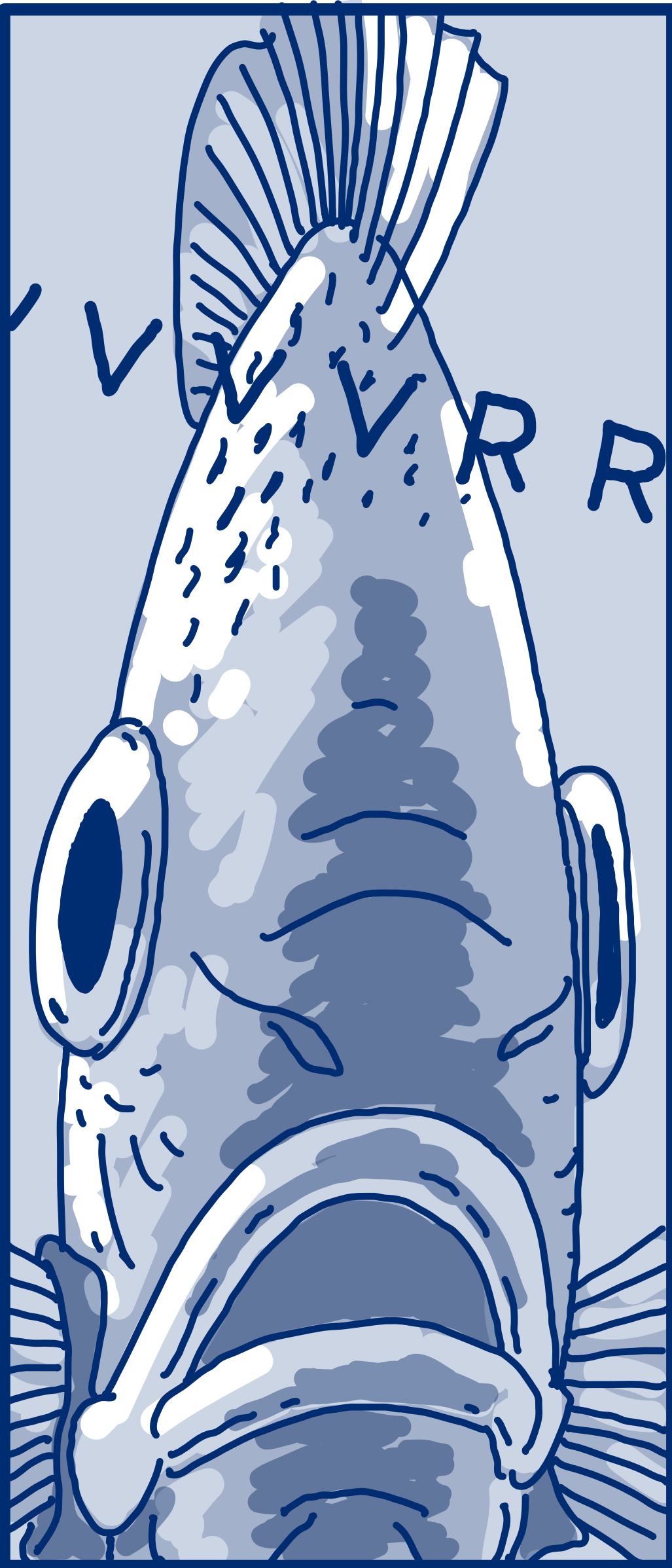
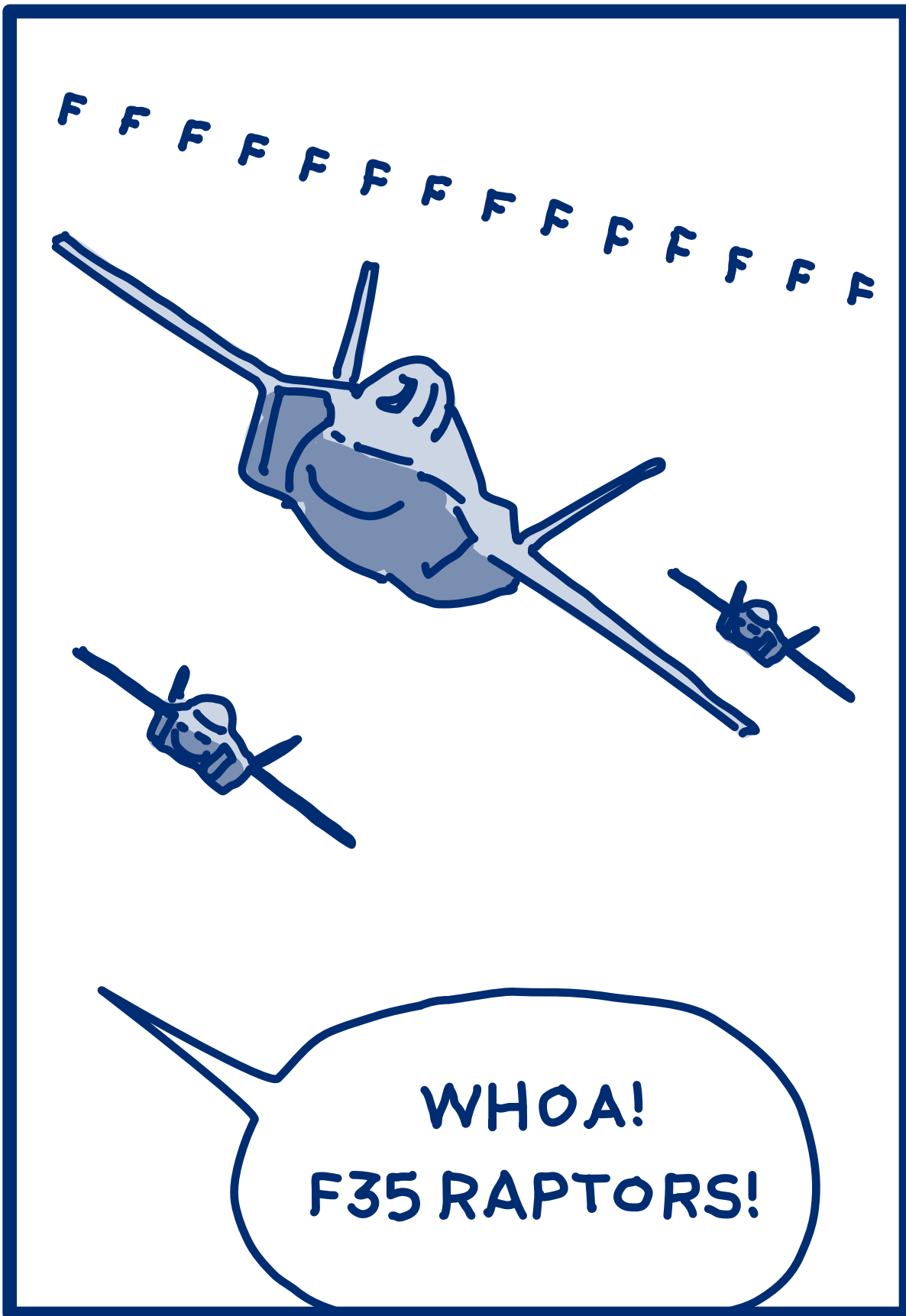
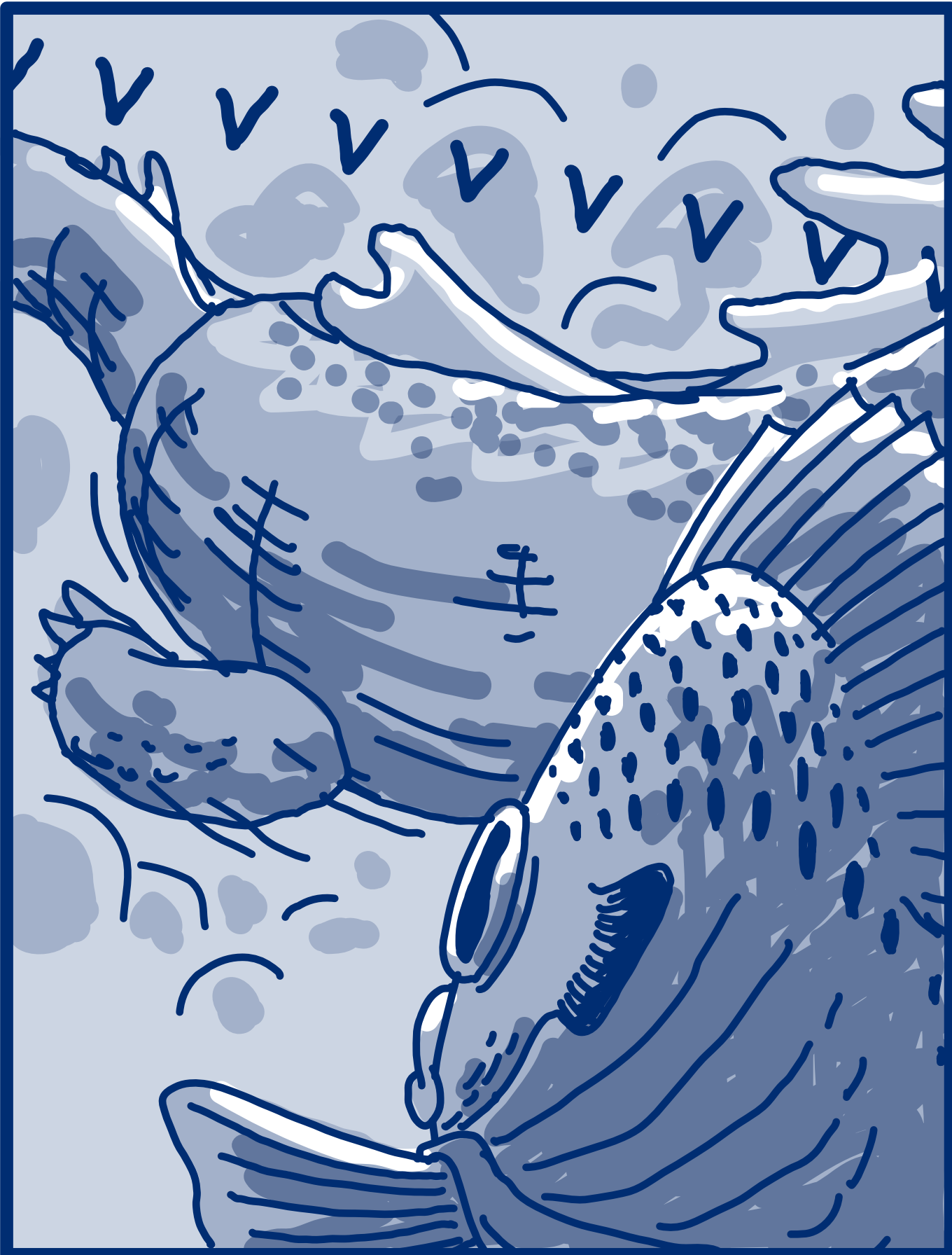
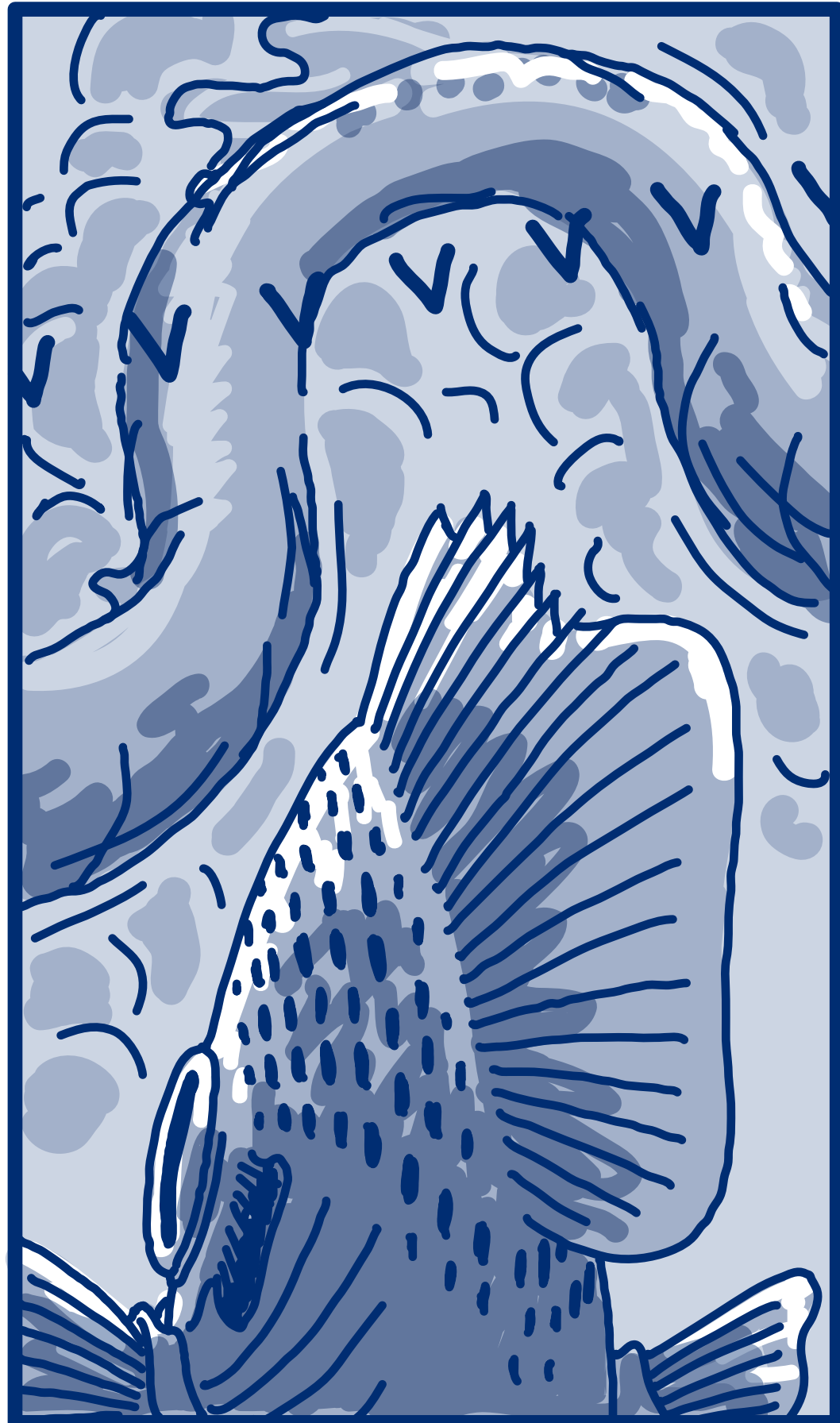
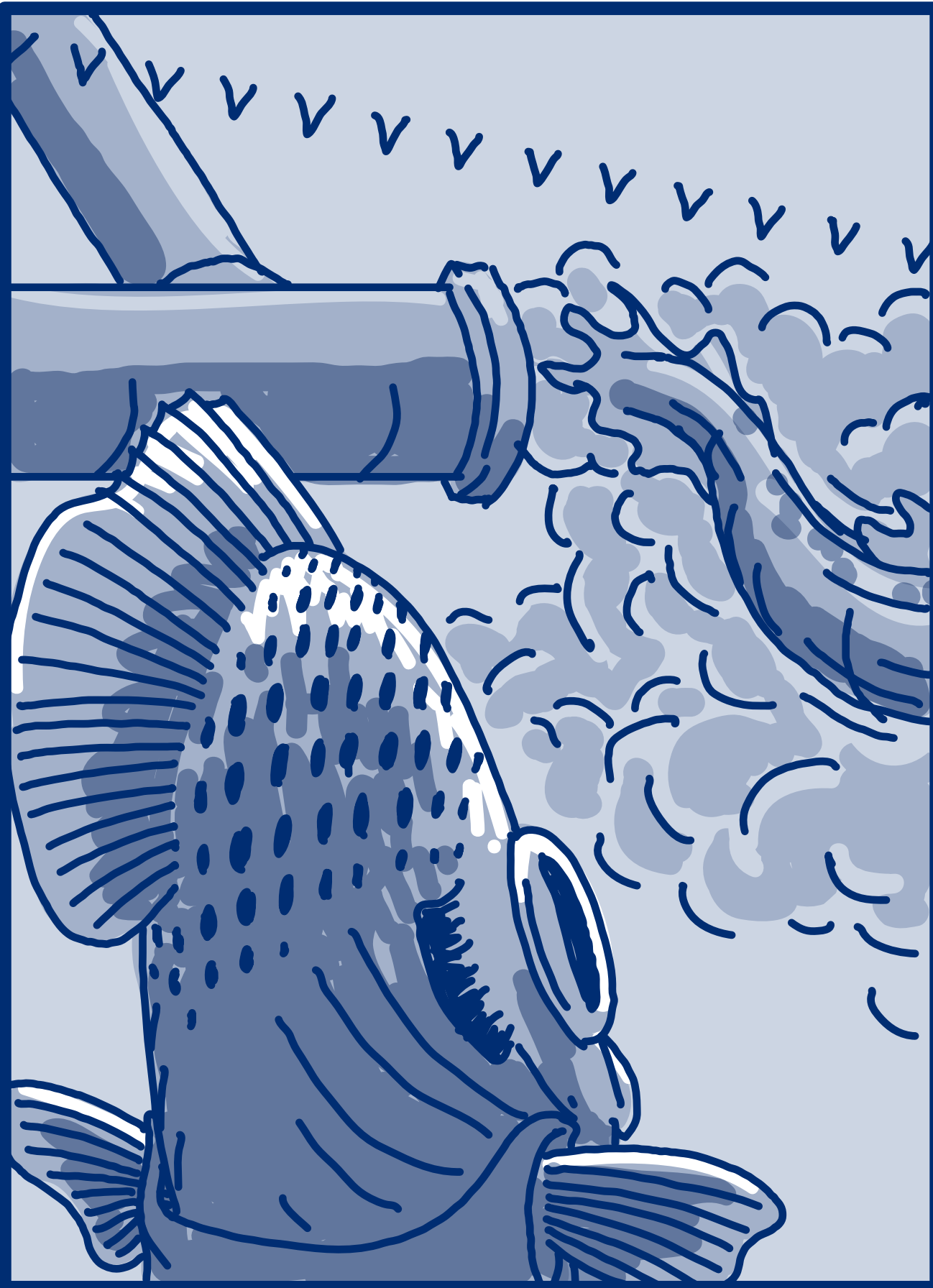
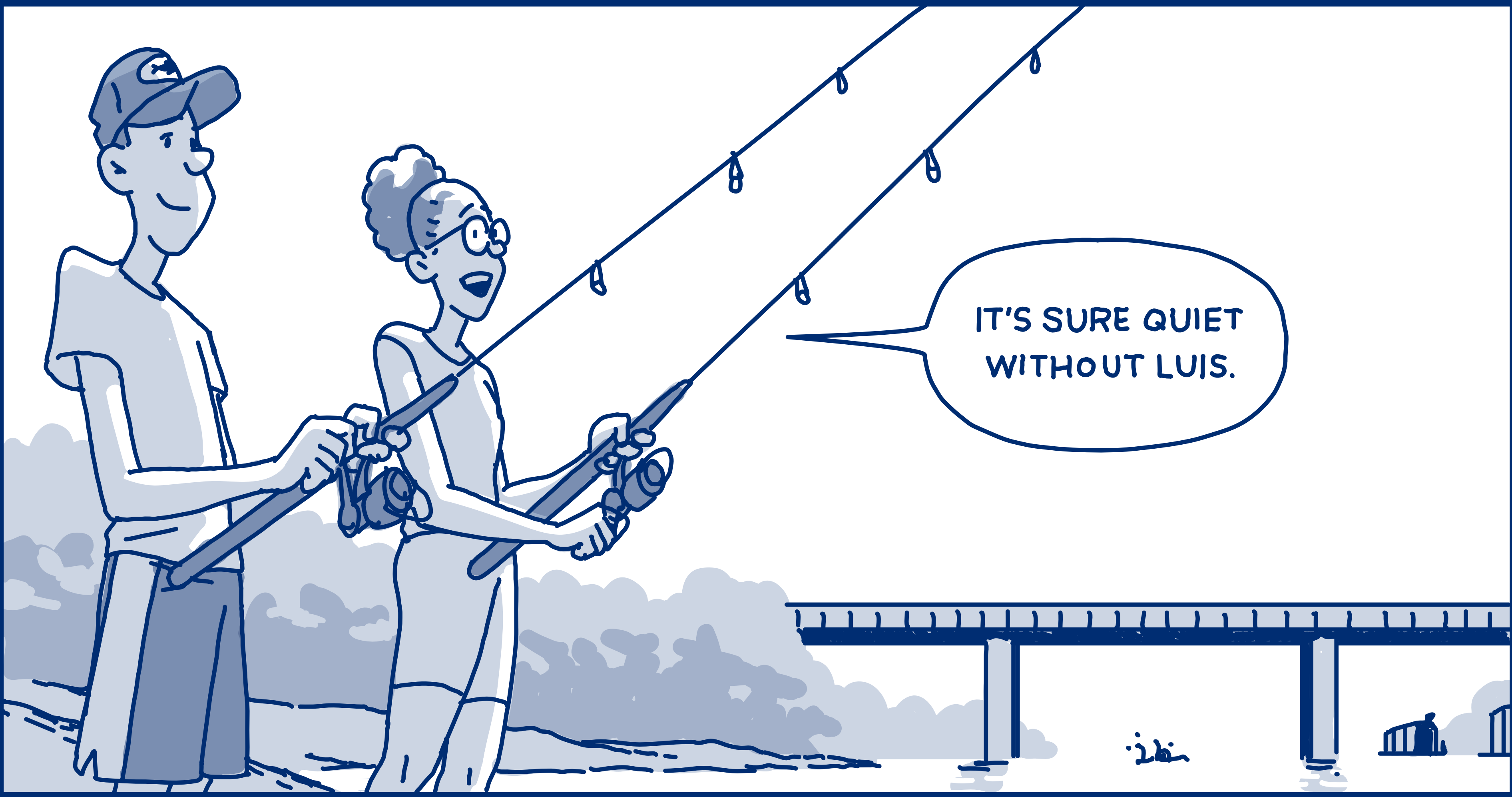
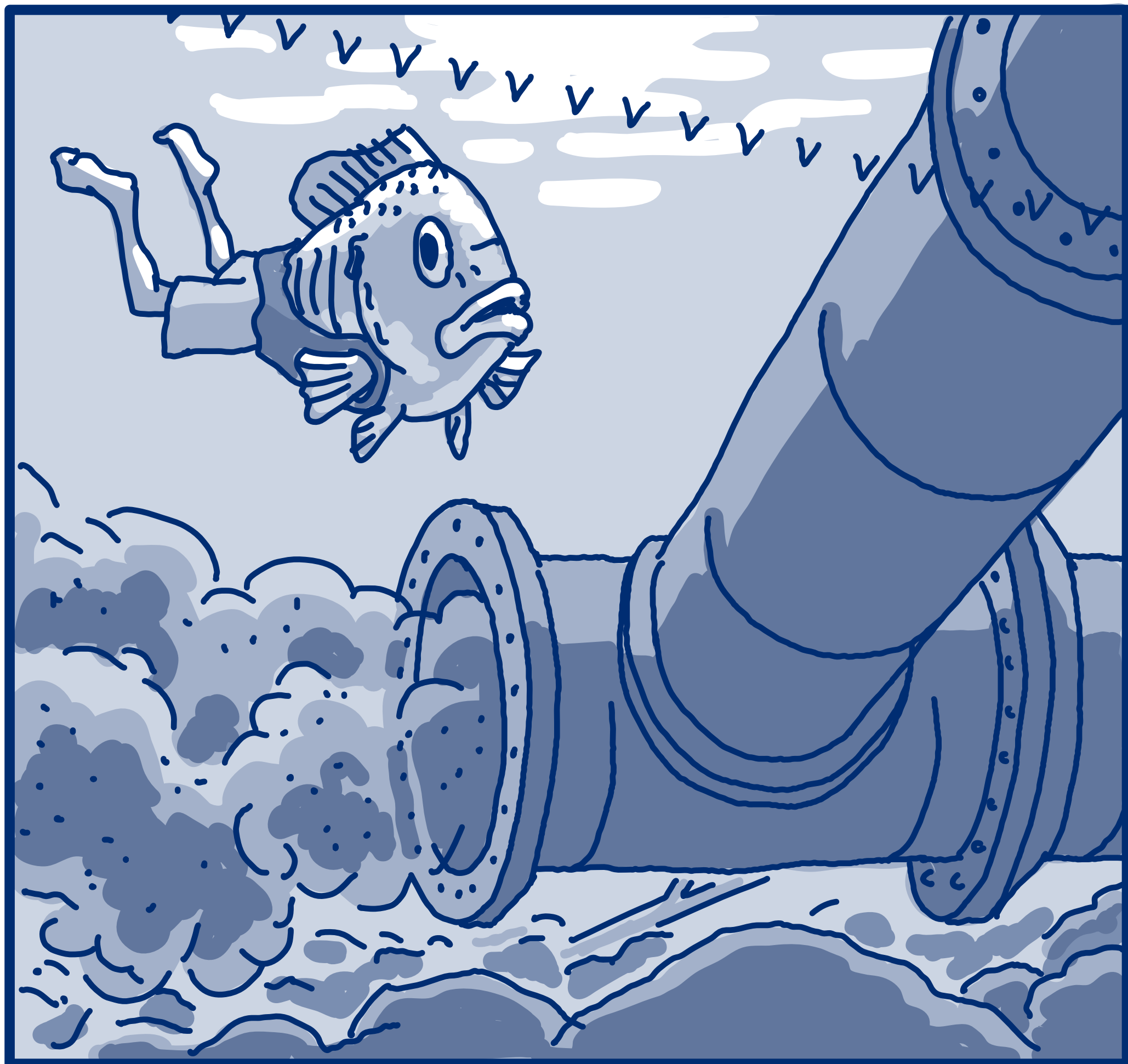
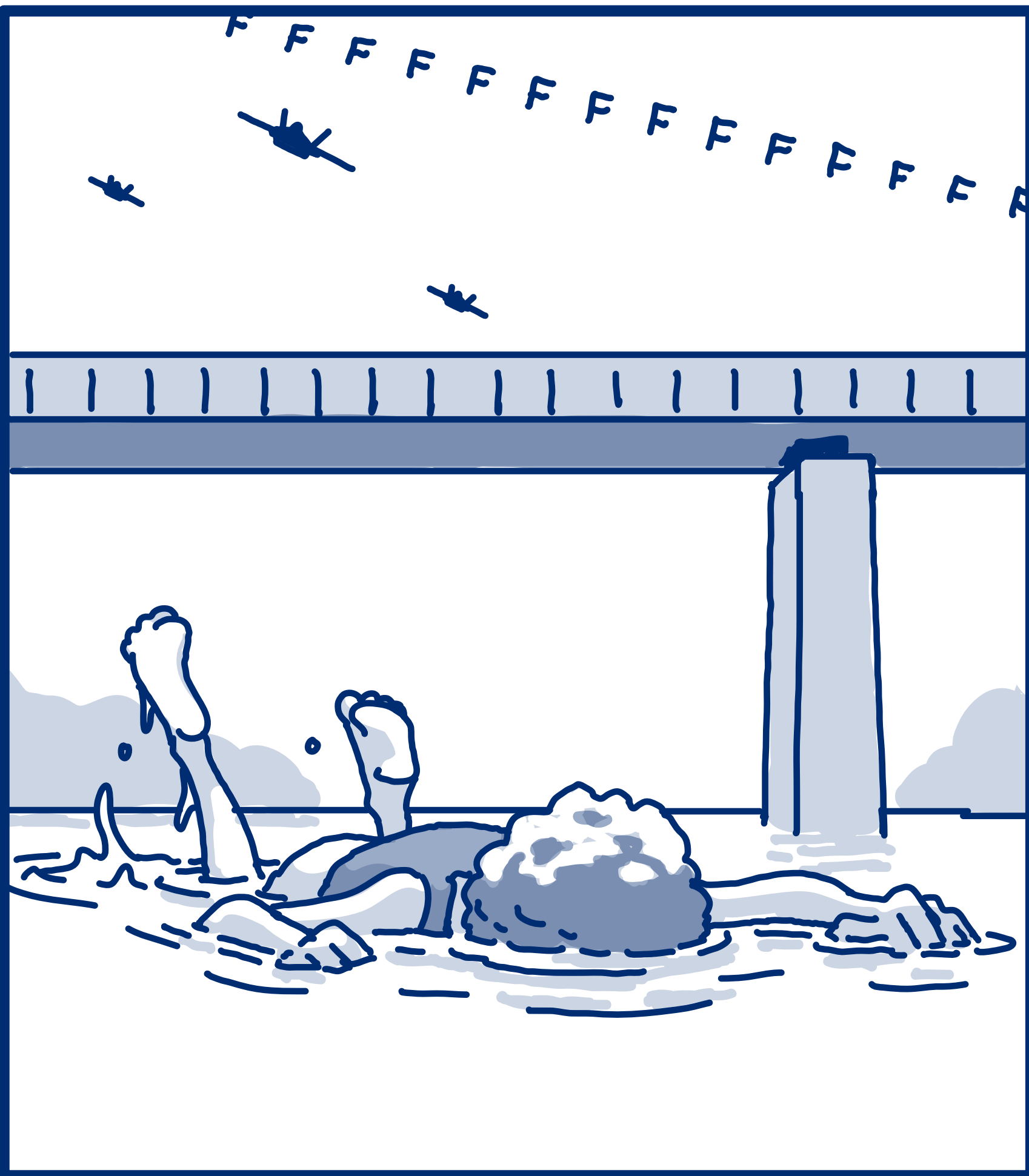
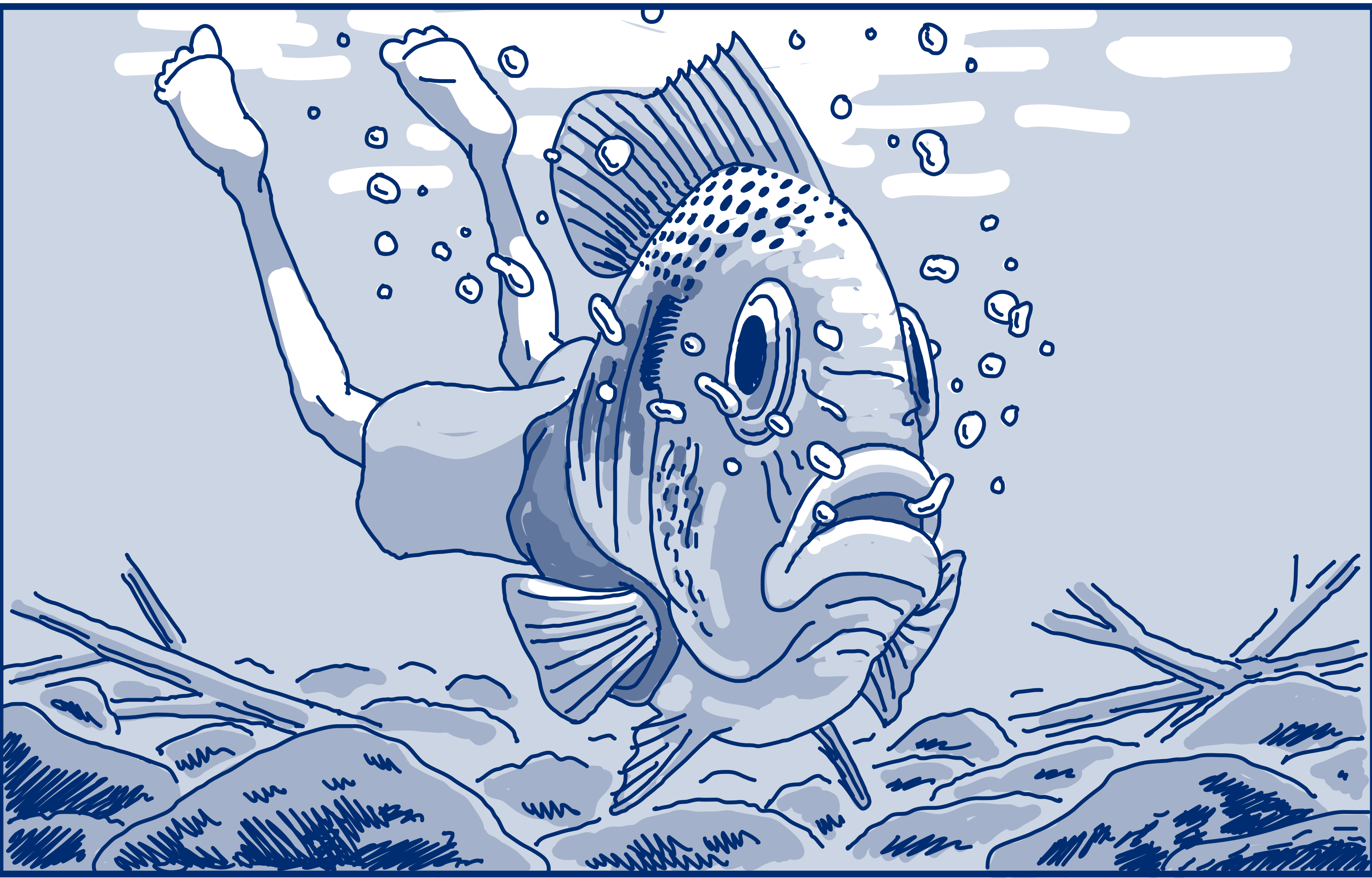
GO FISHING

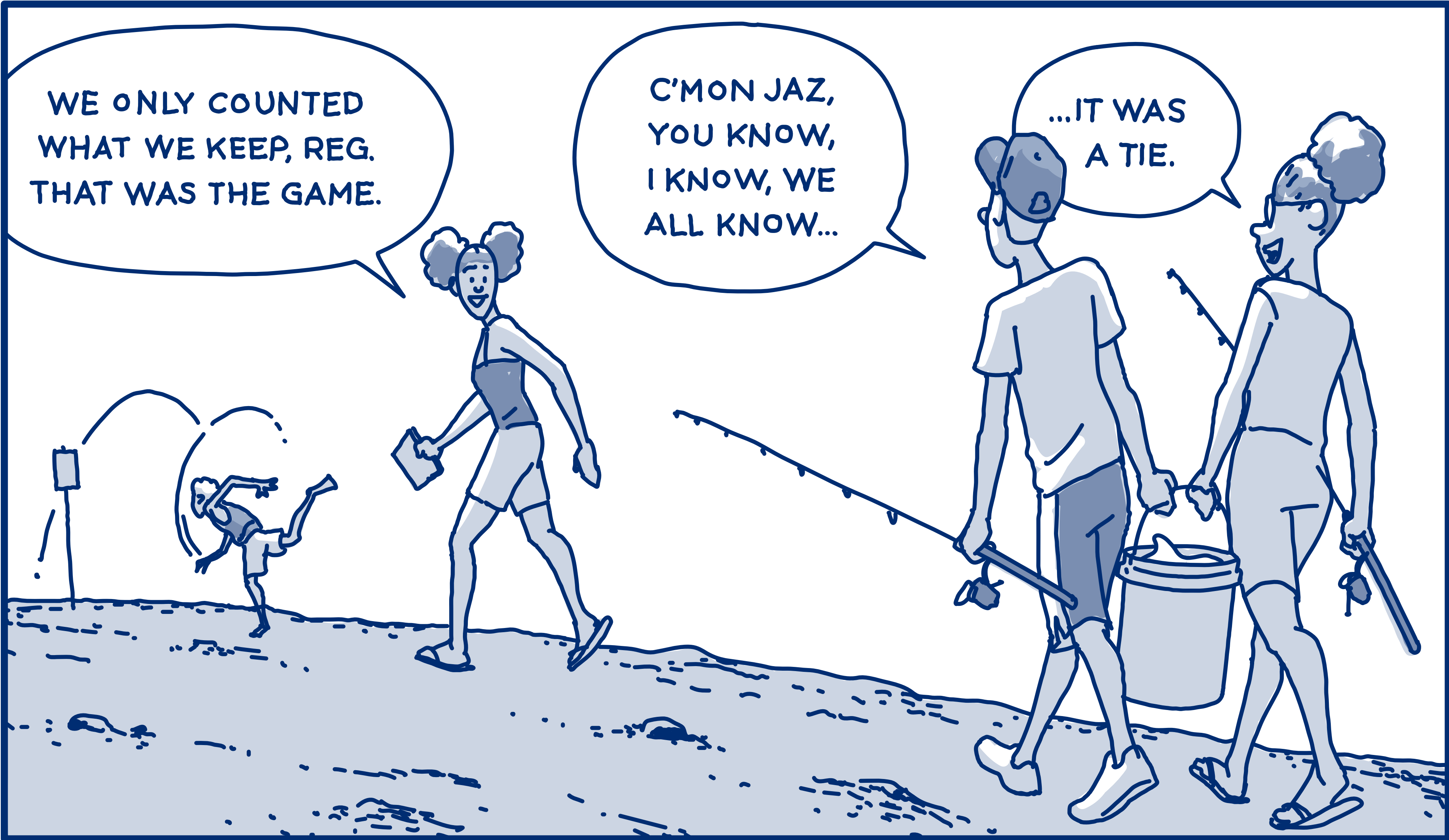
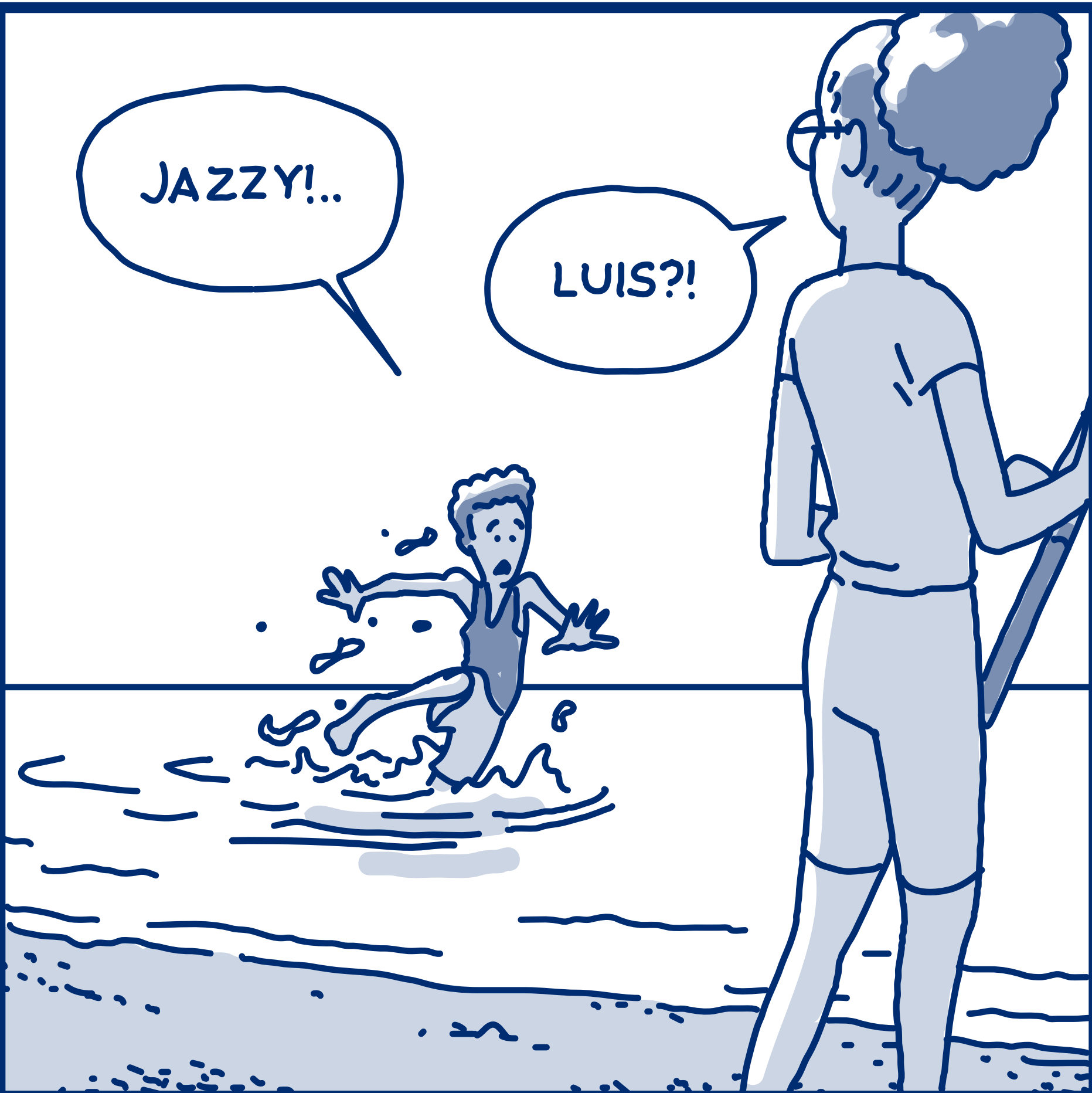
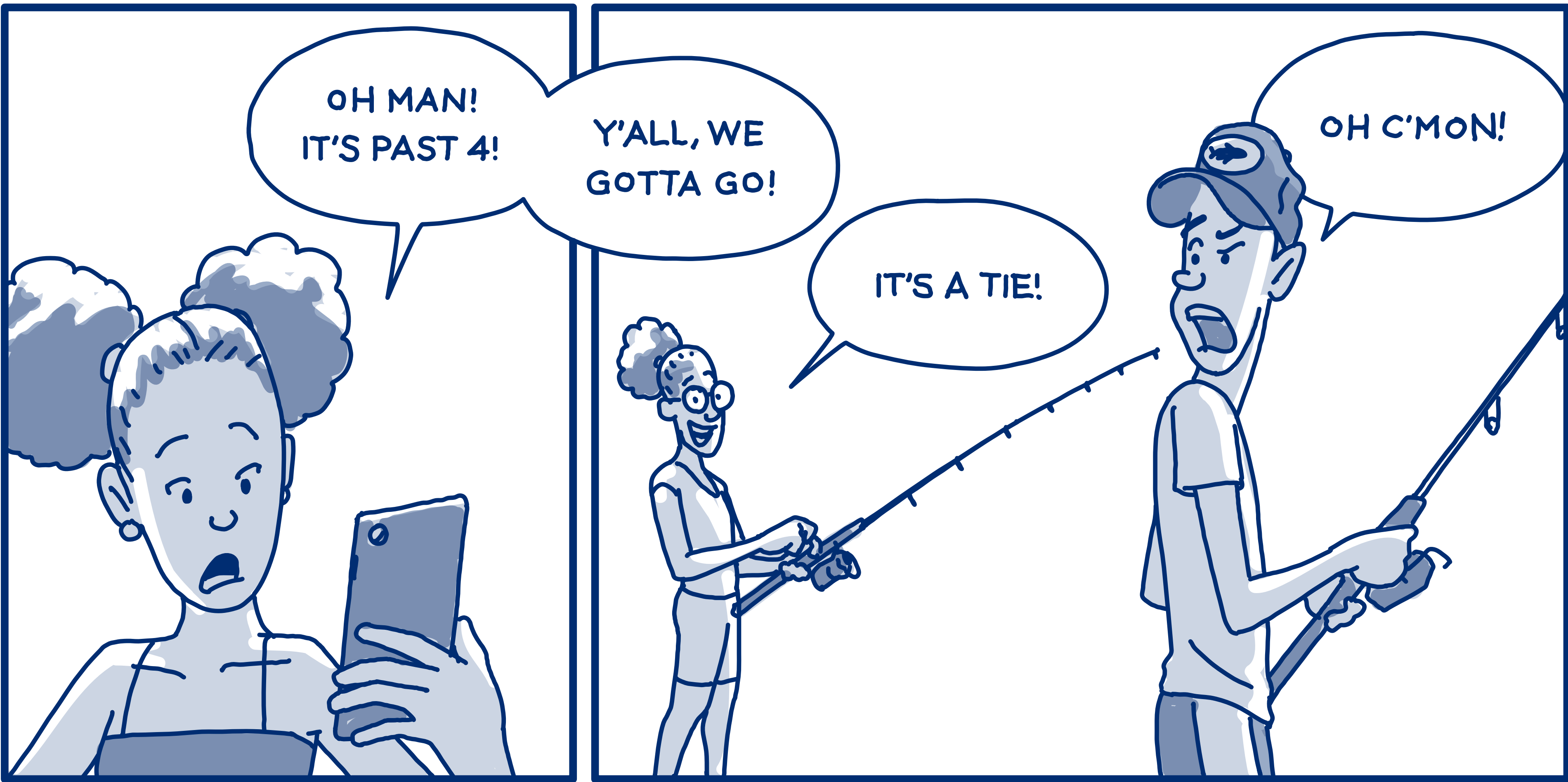


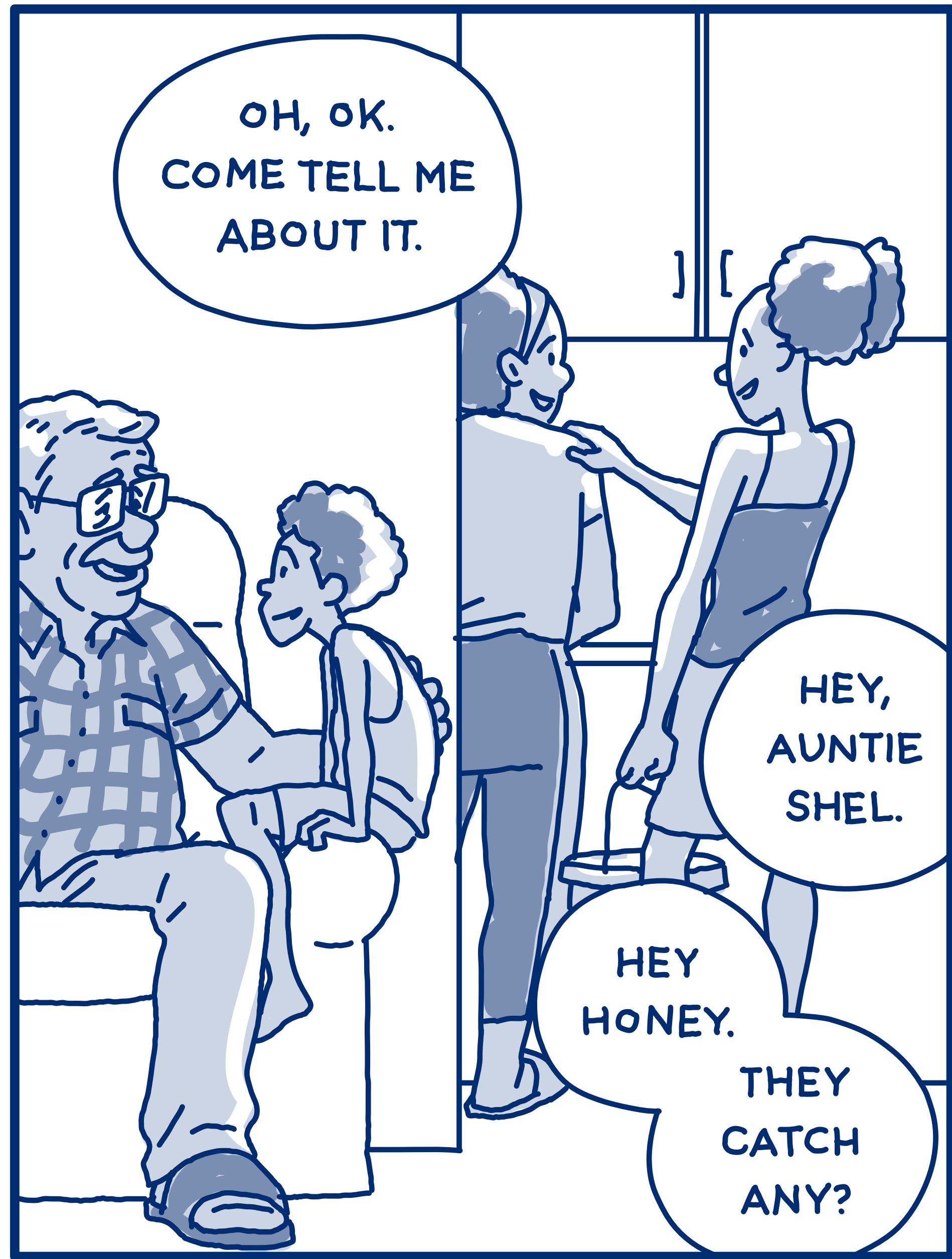
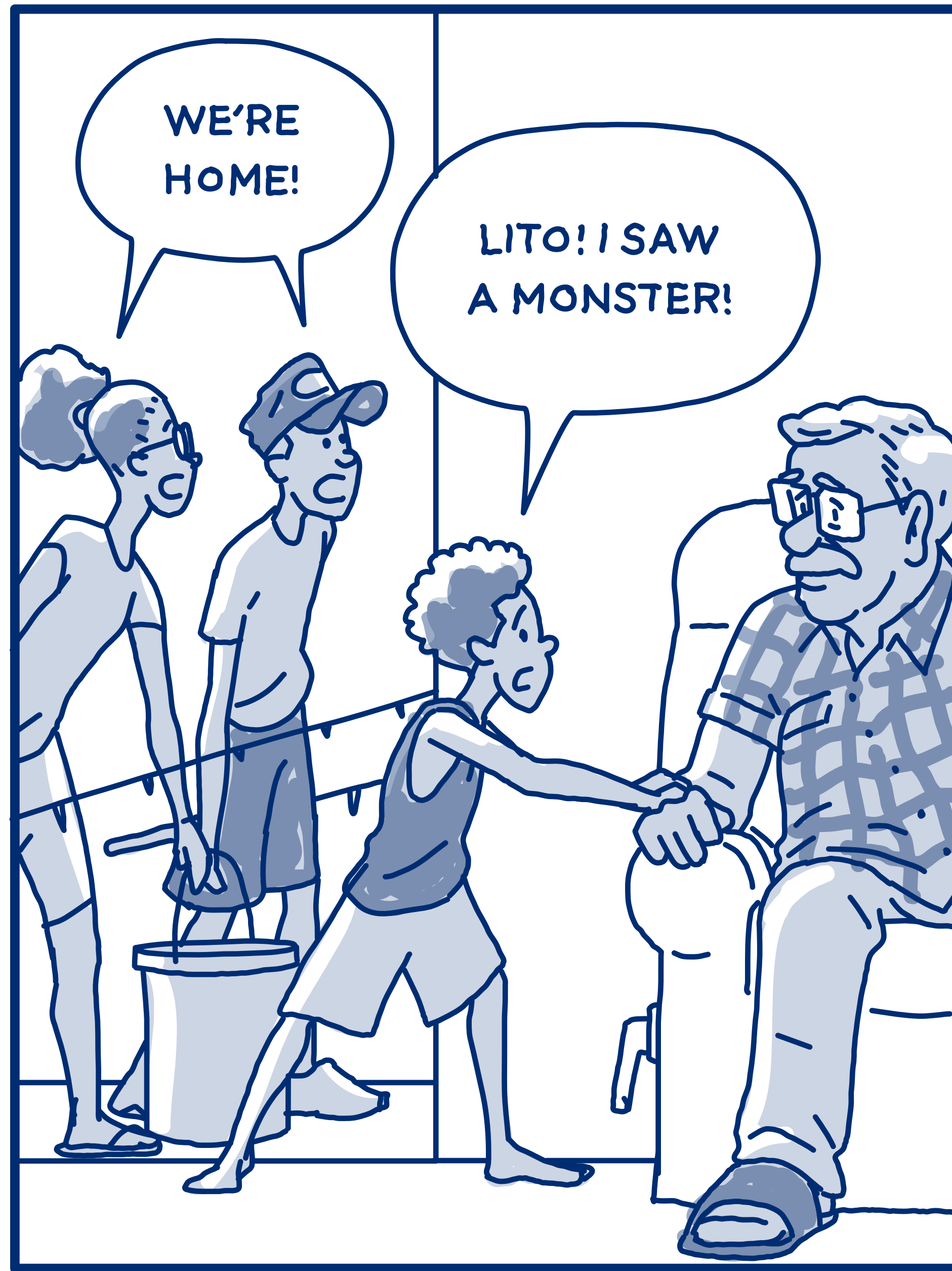
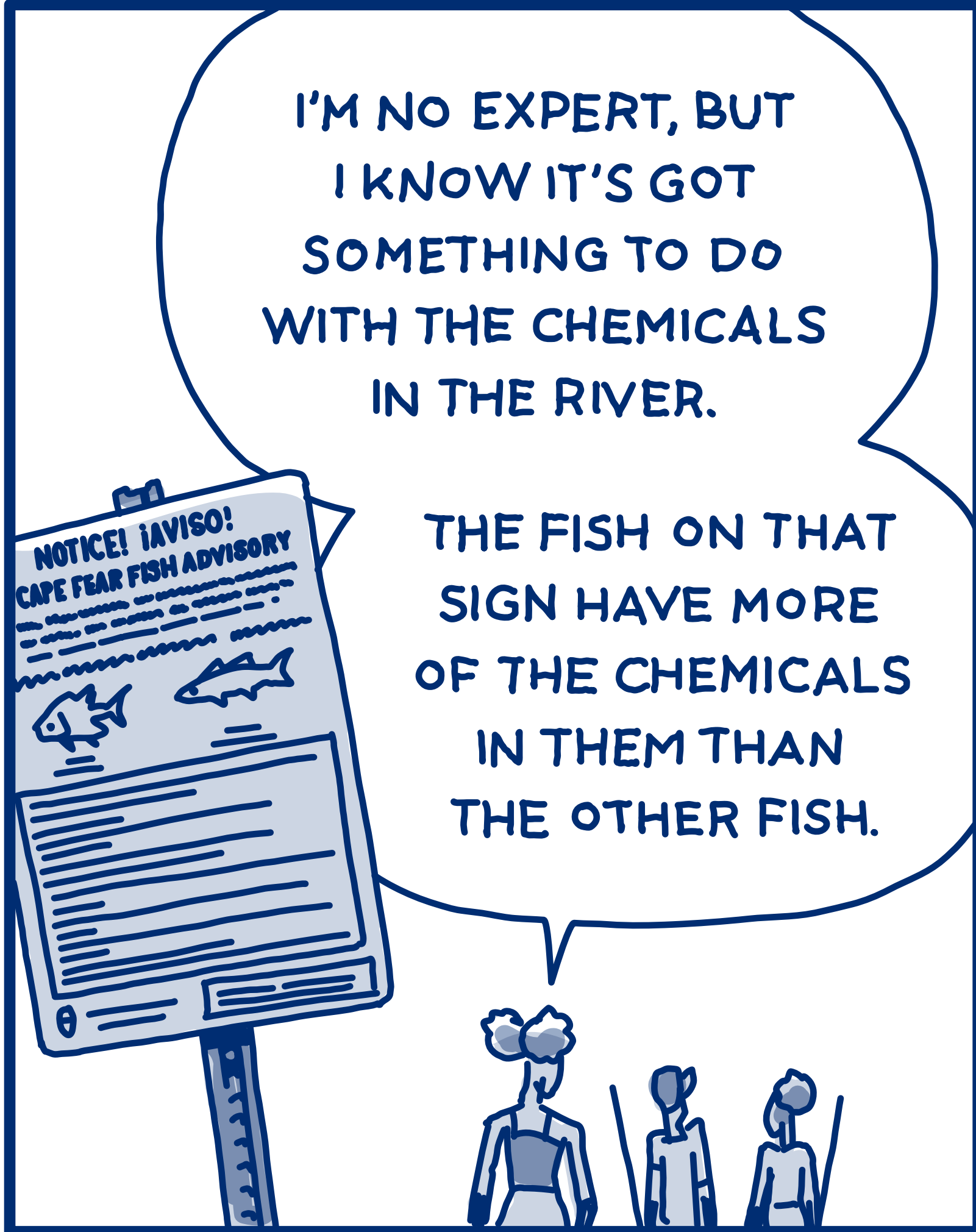
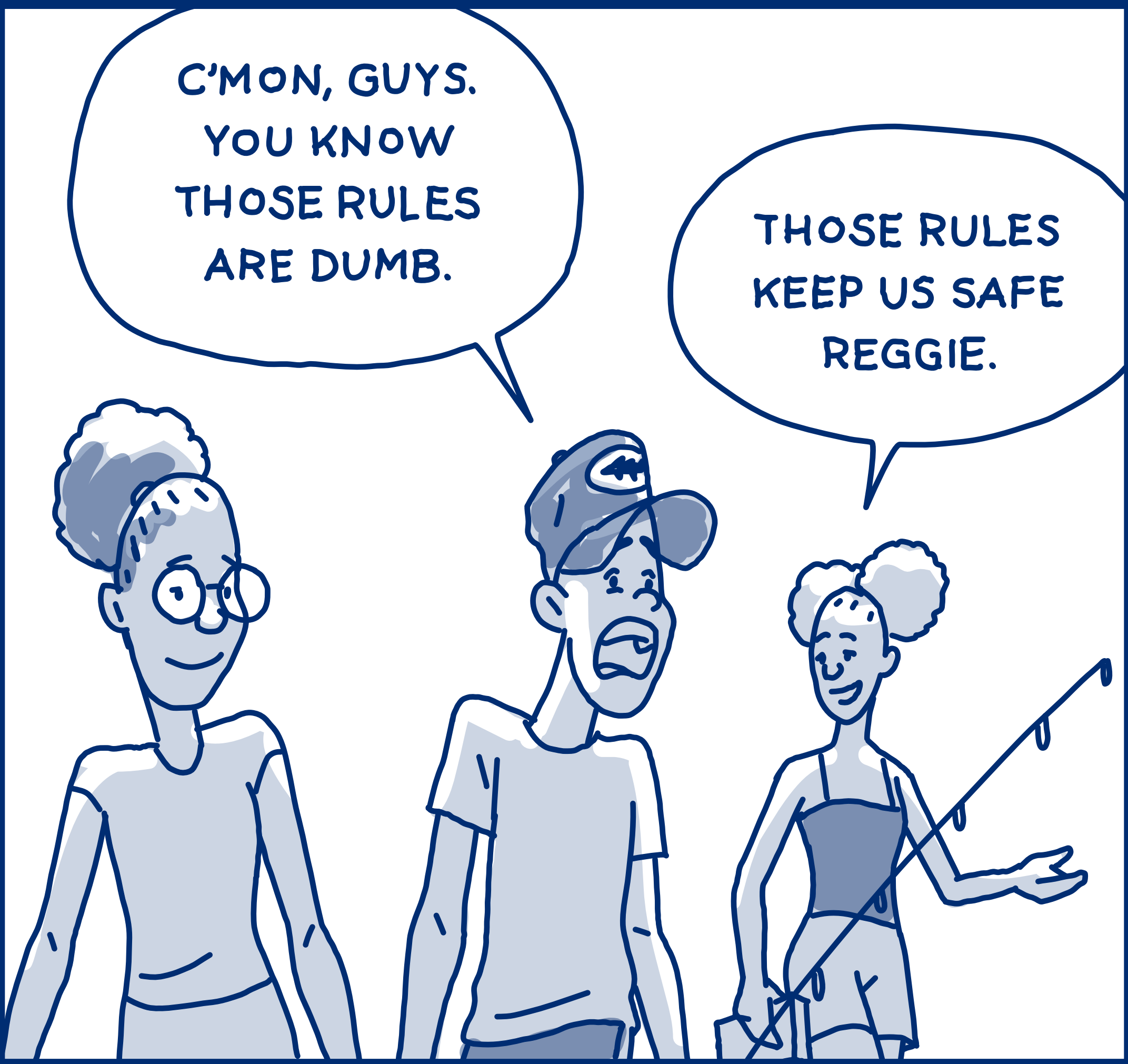
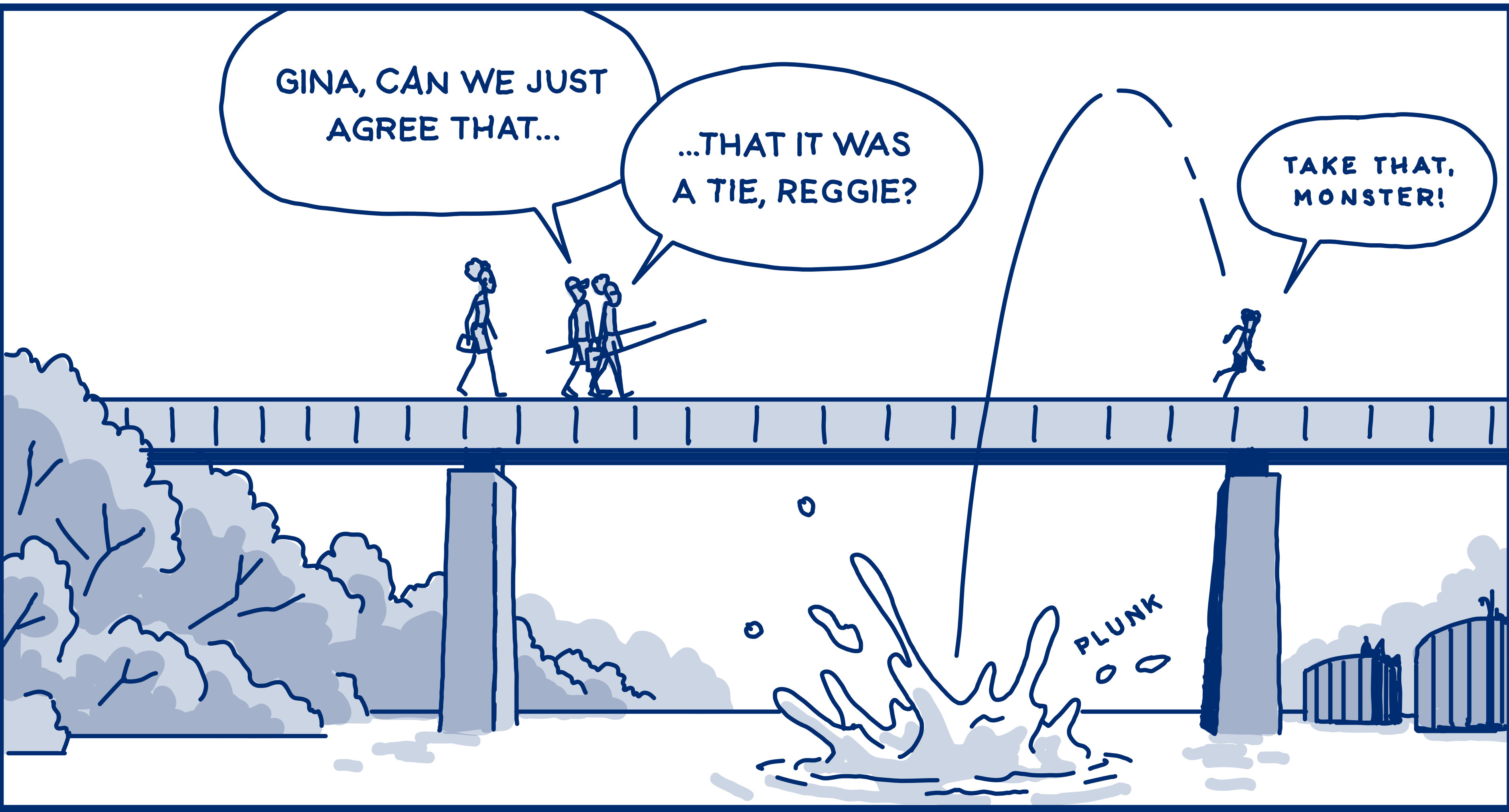


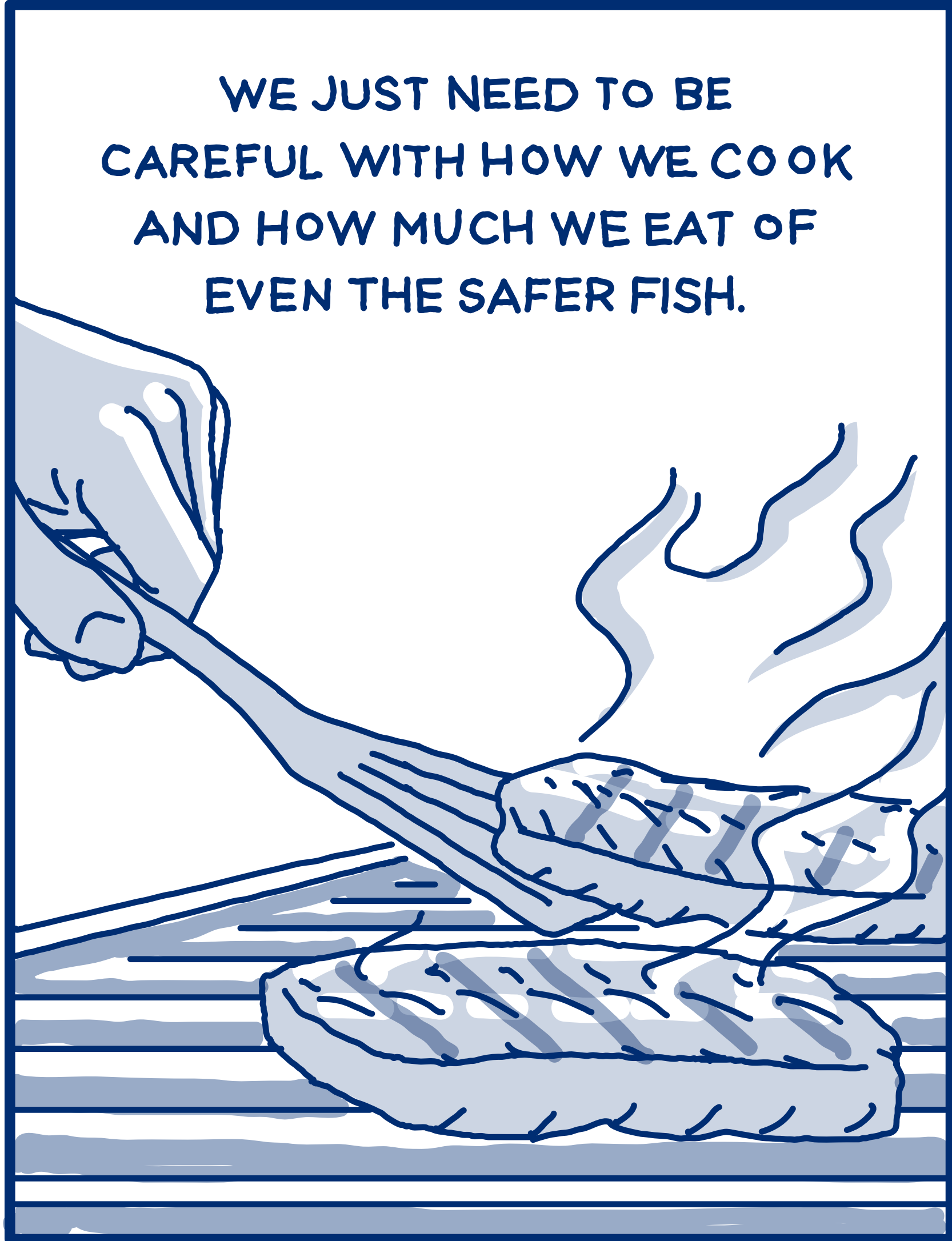
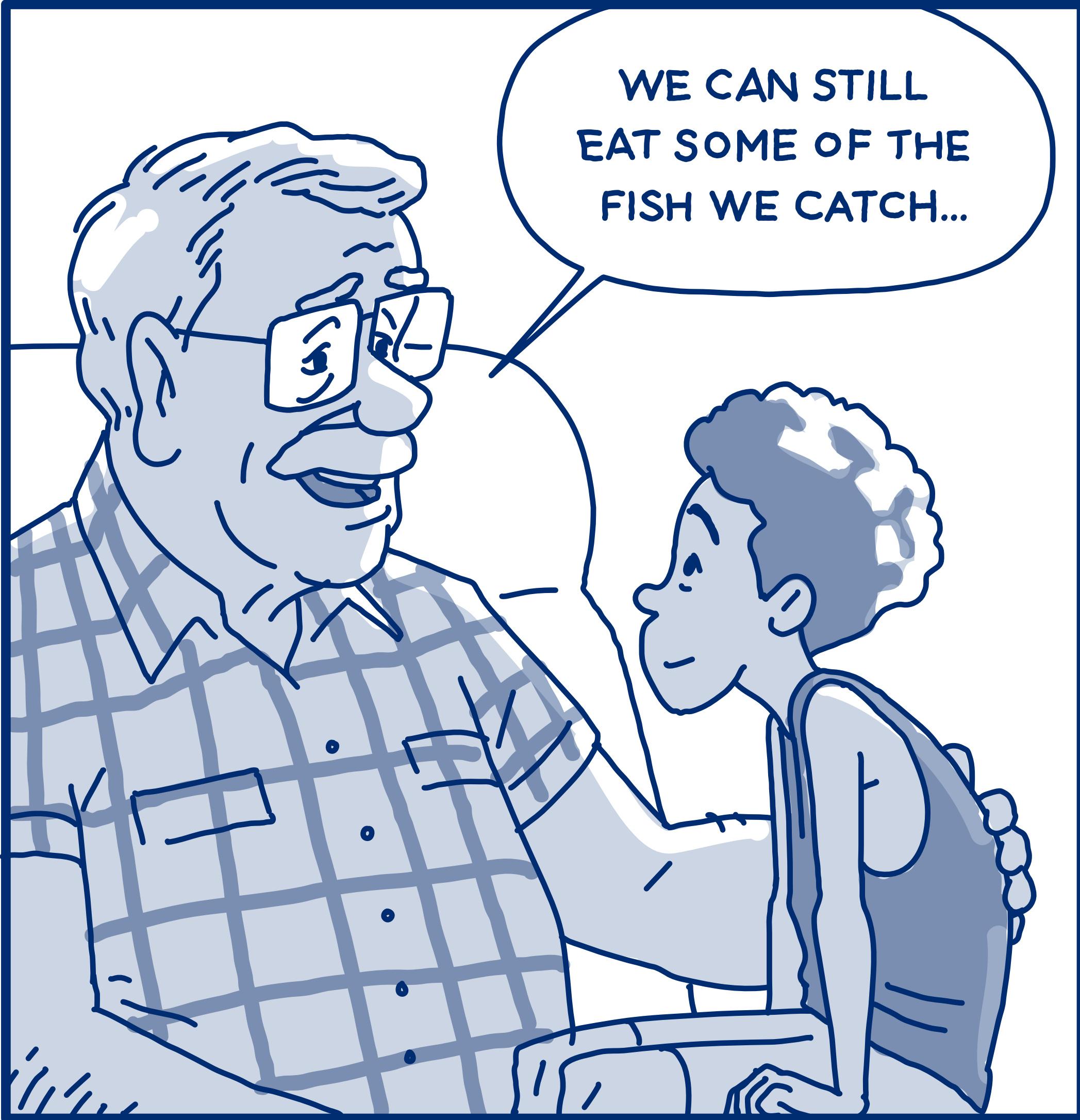
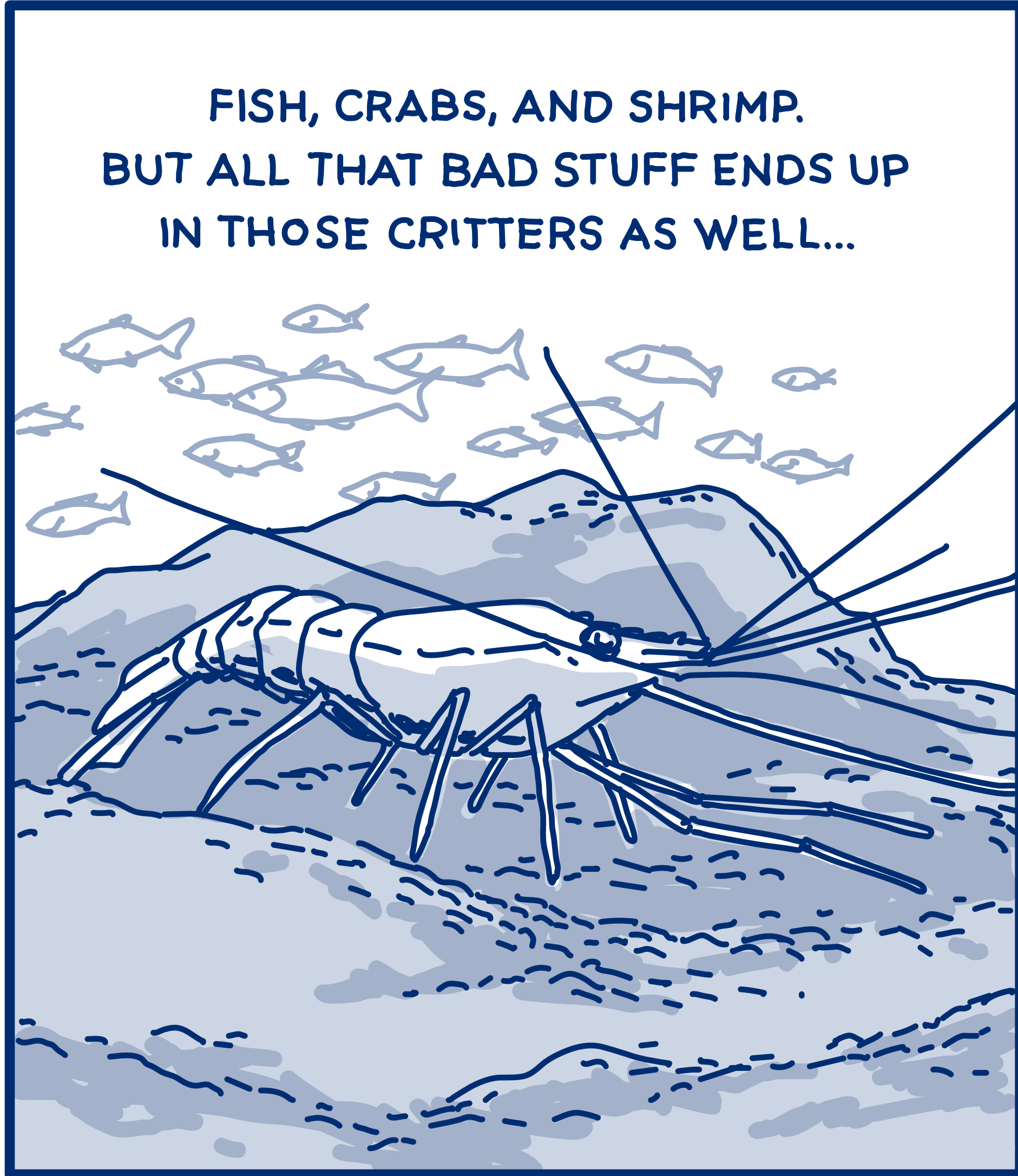
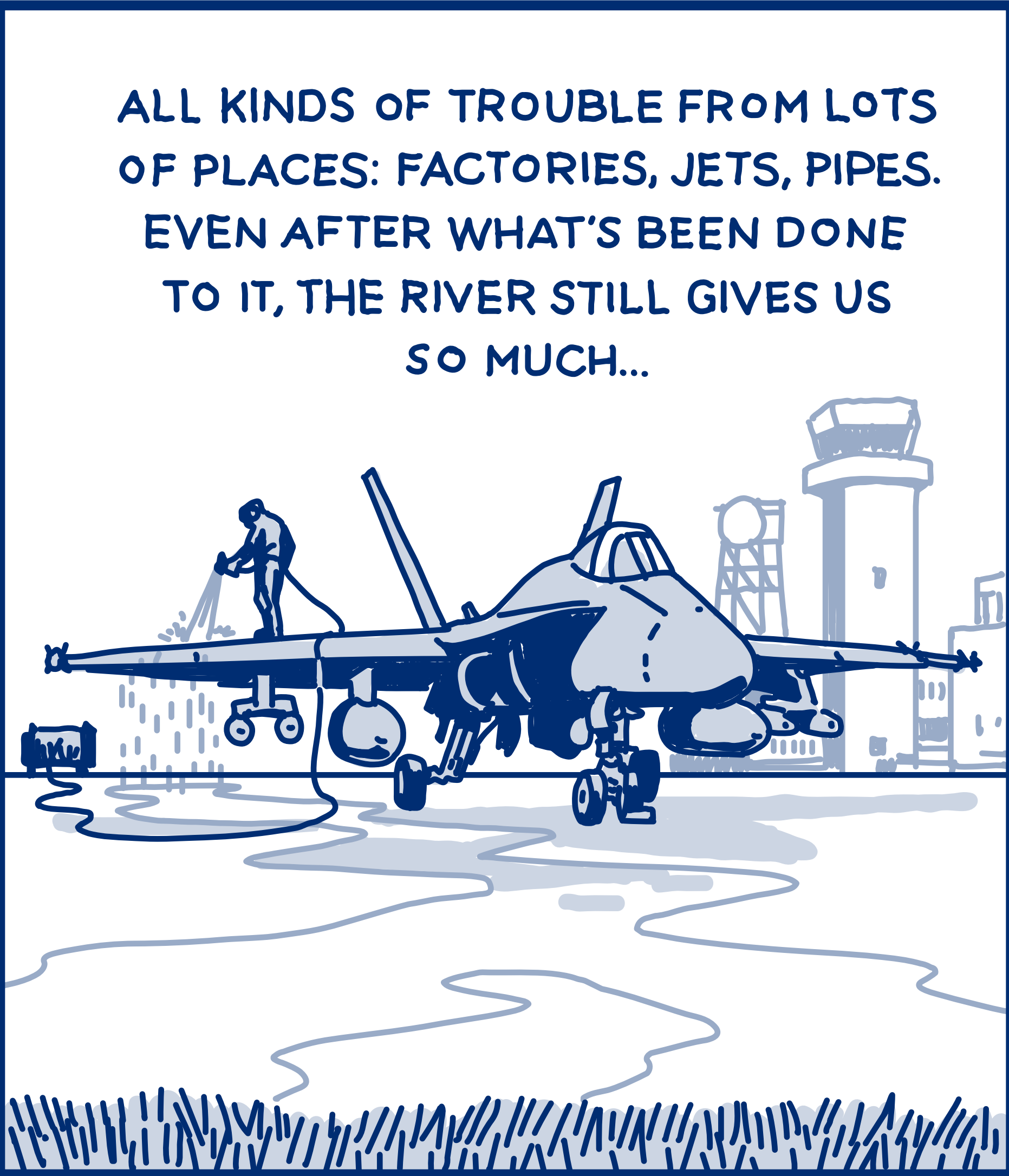
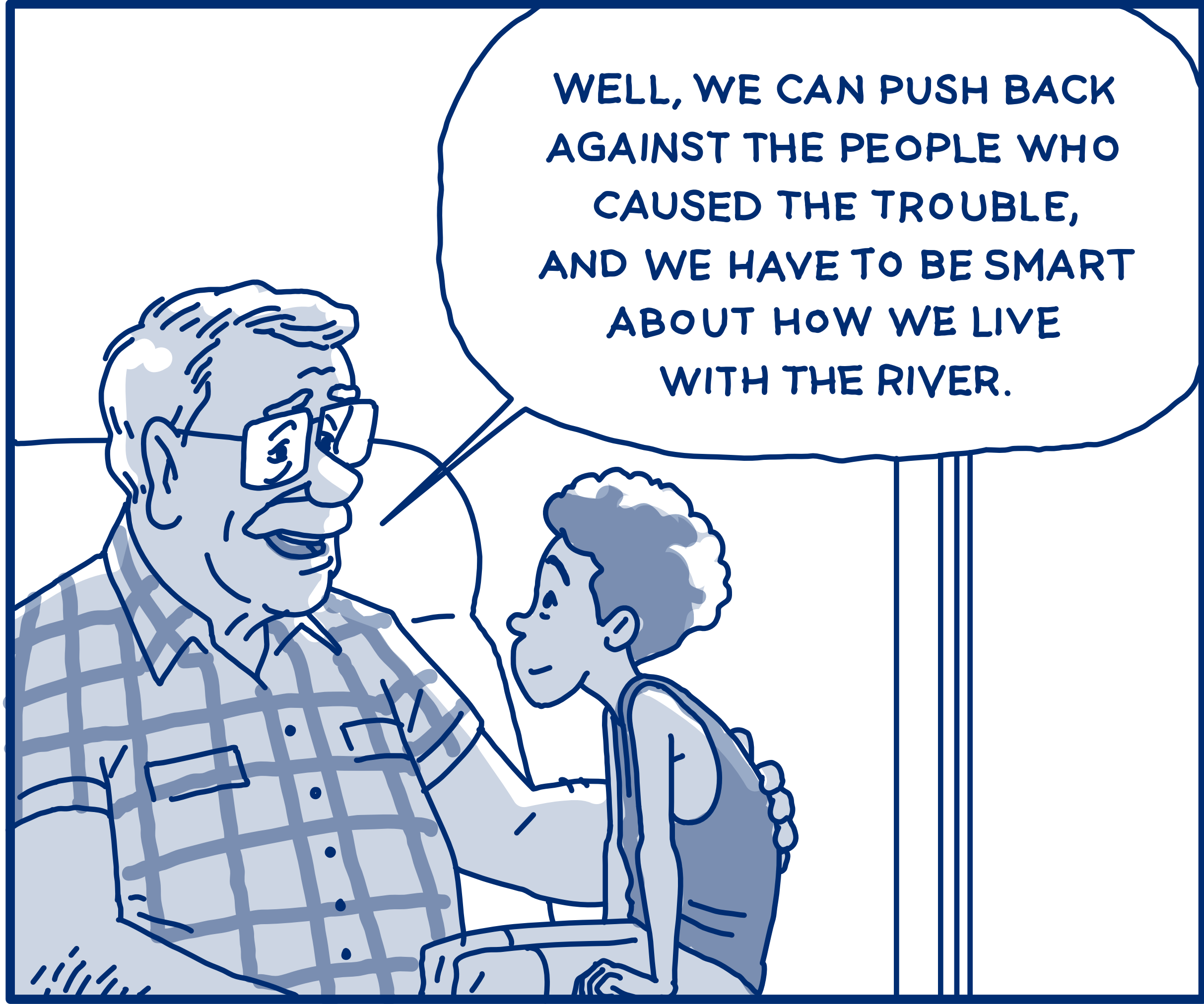
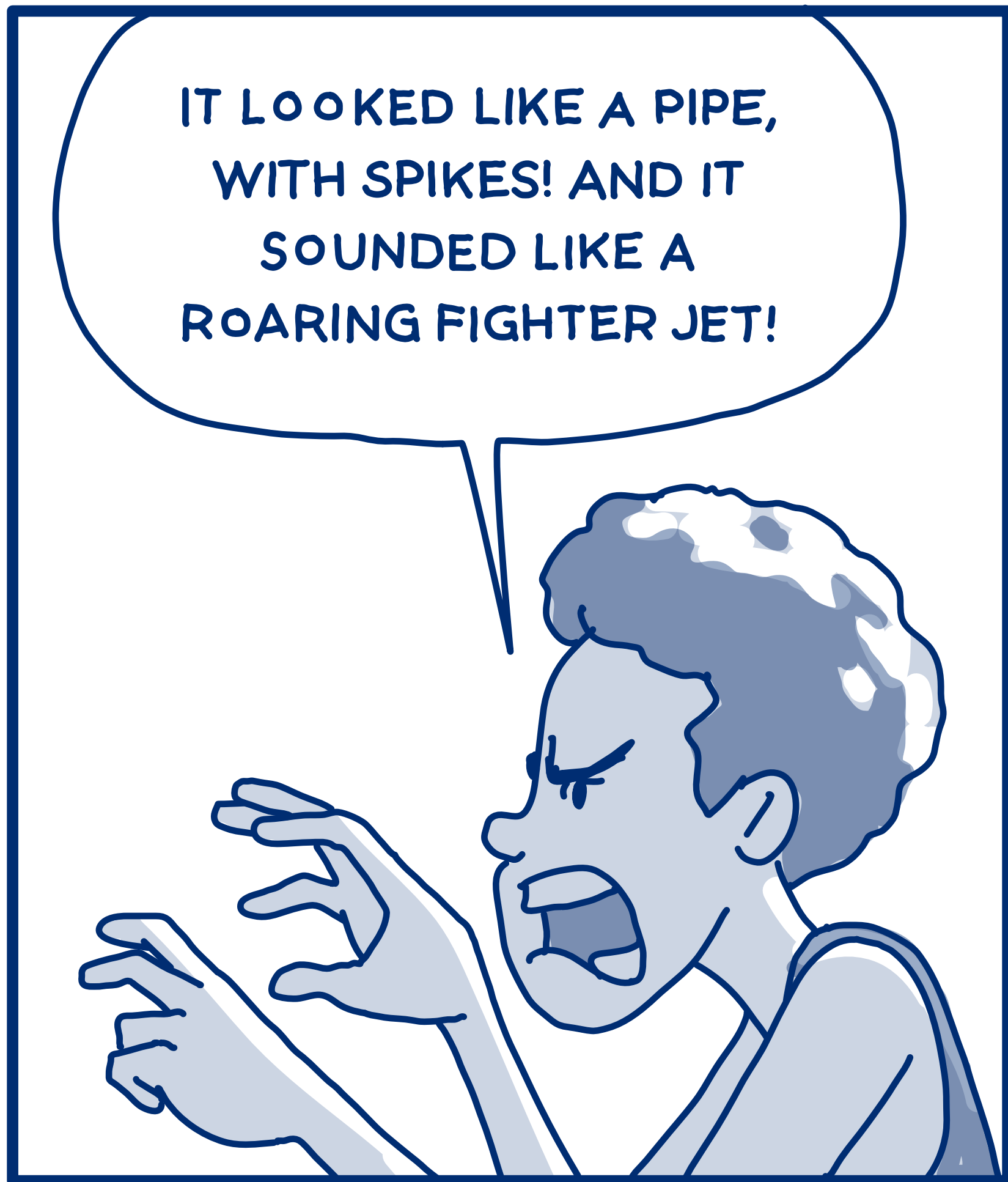
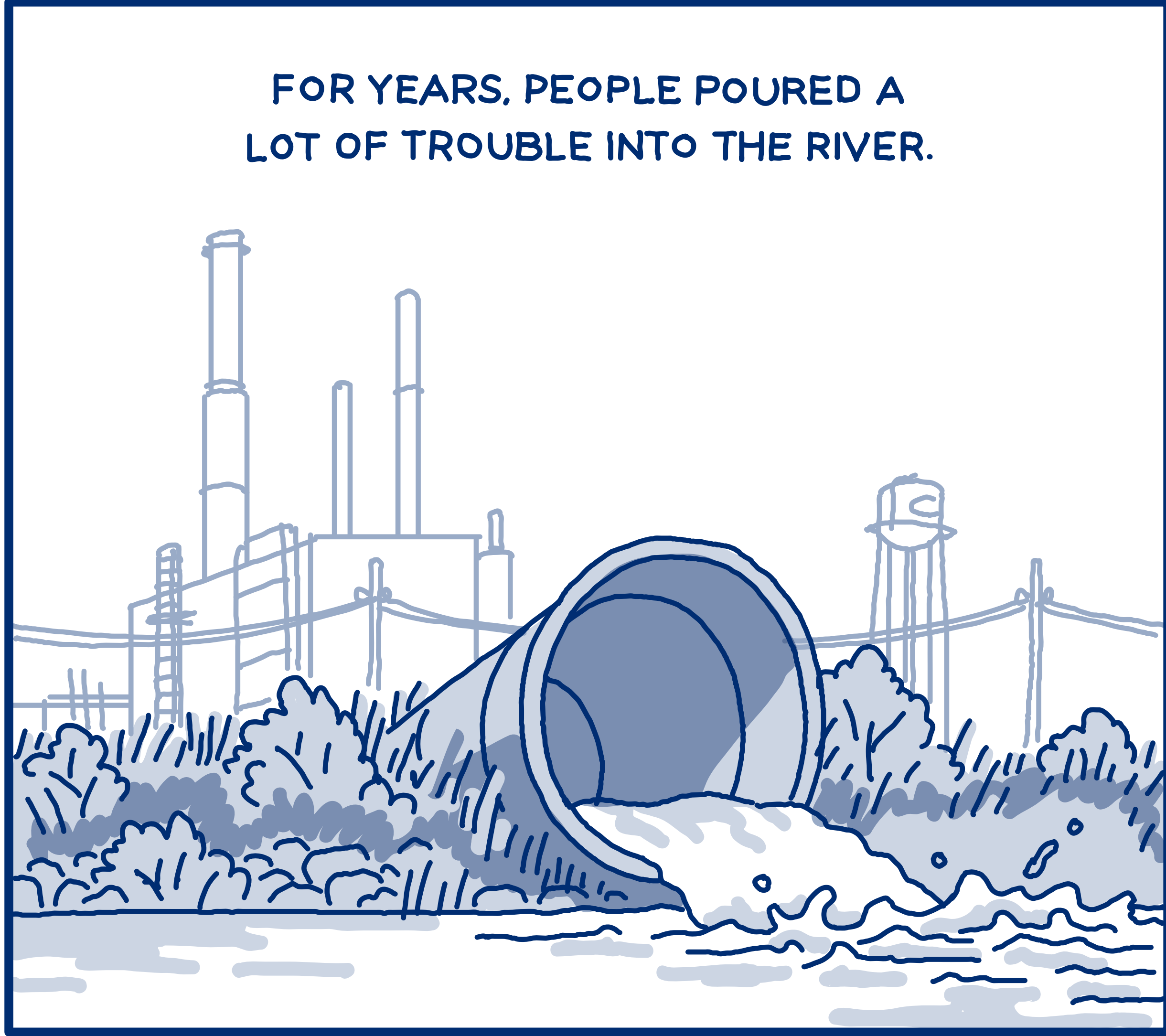
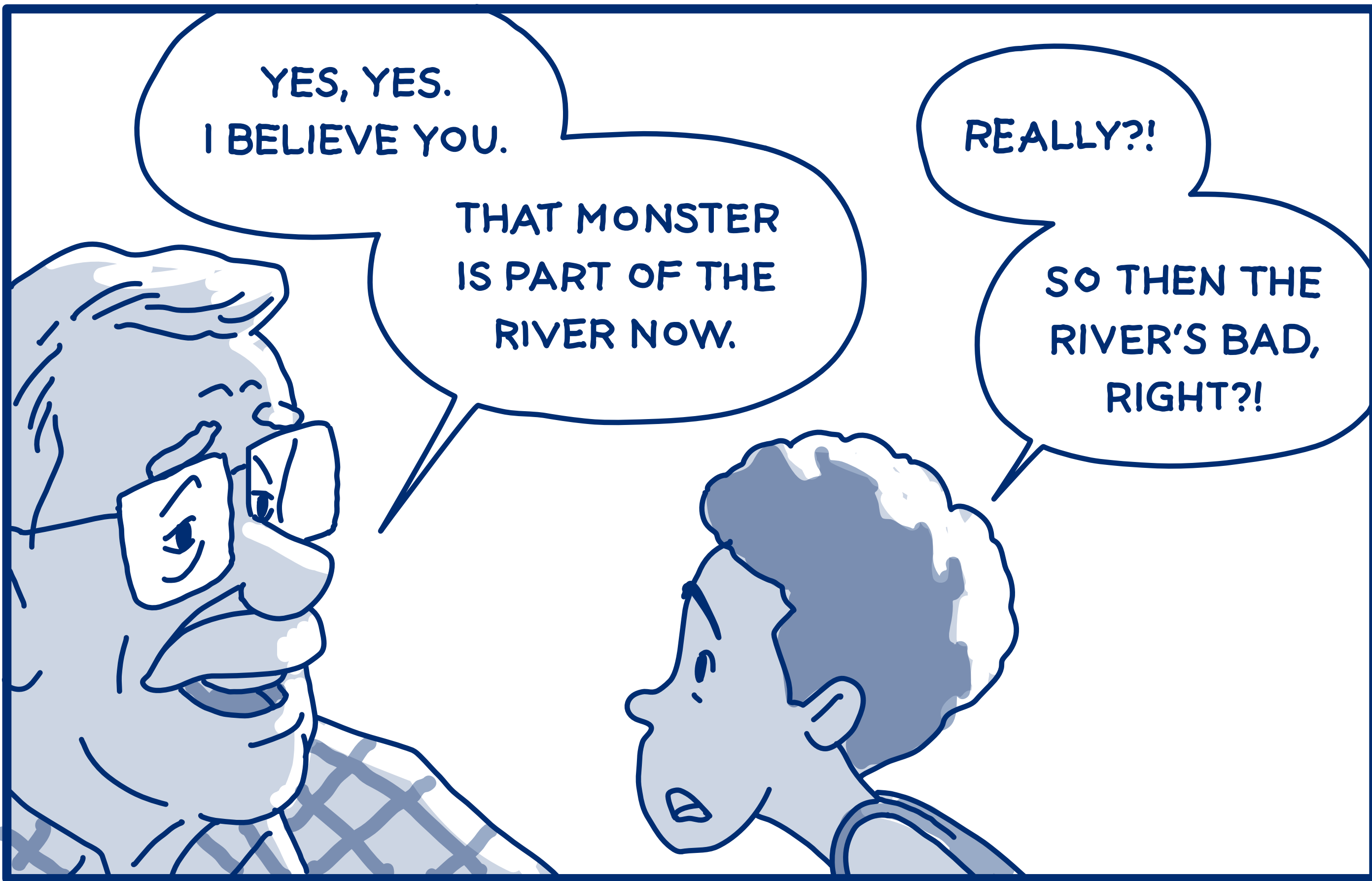


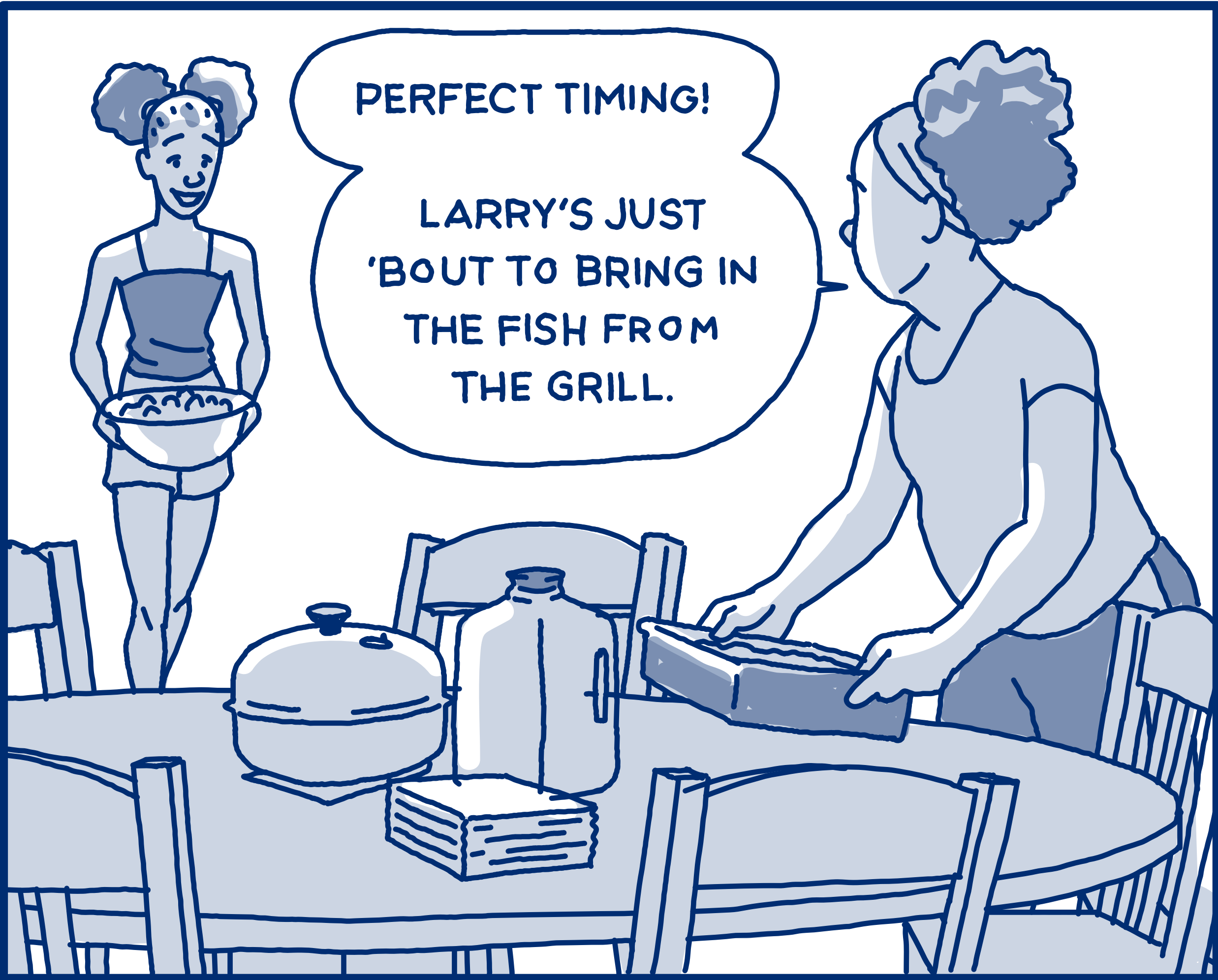
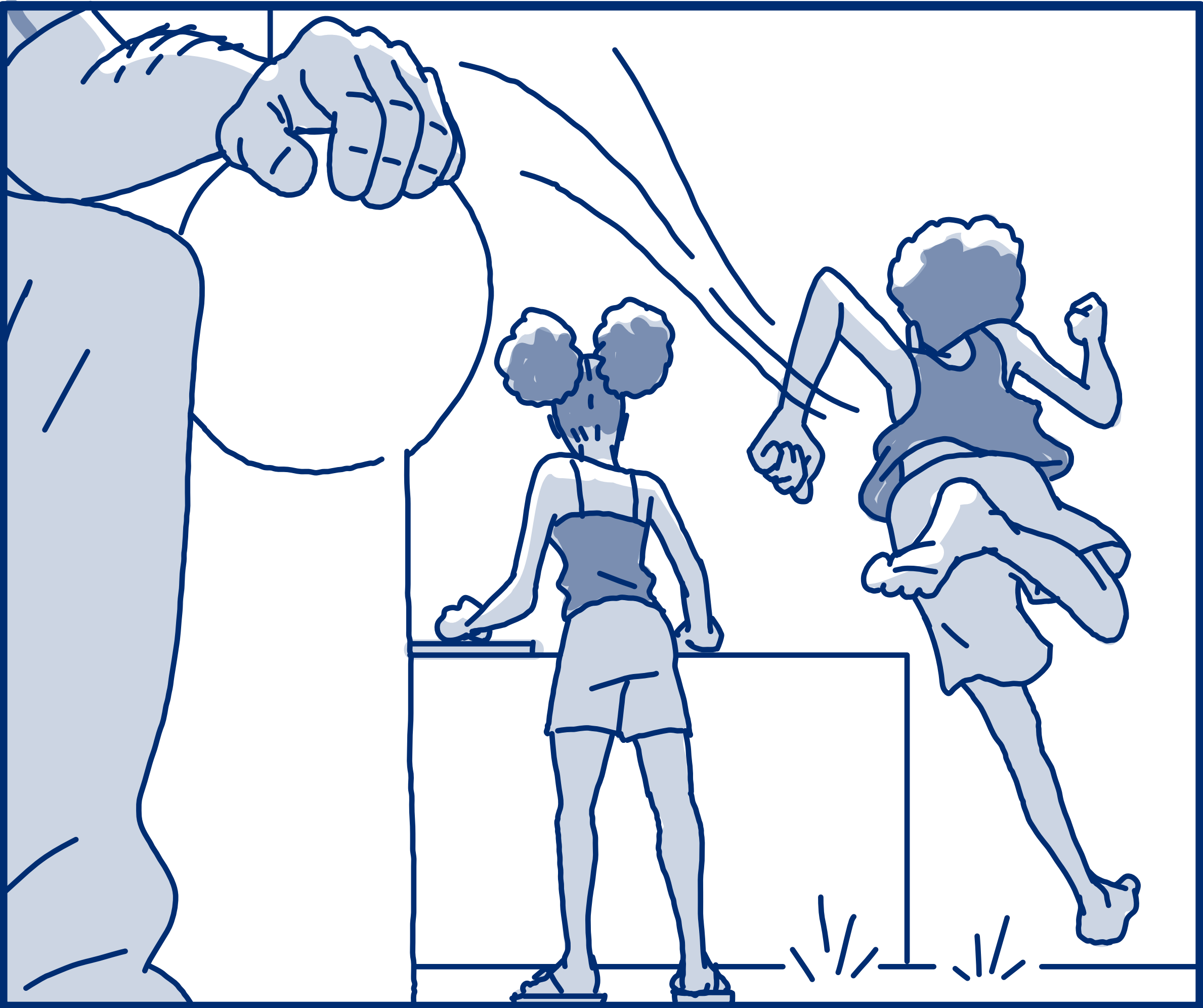
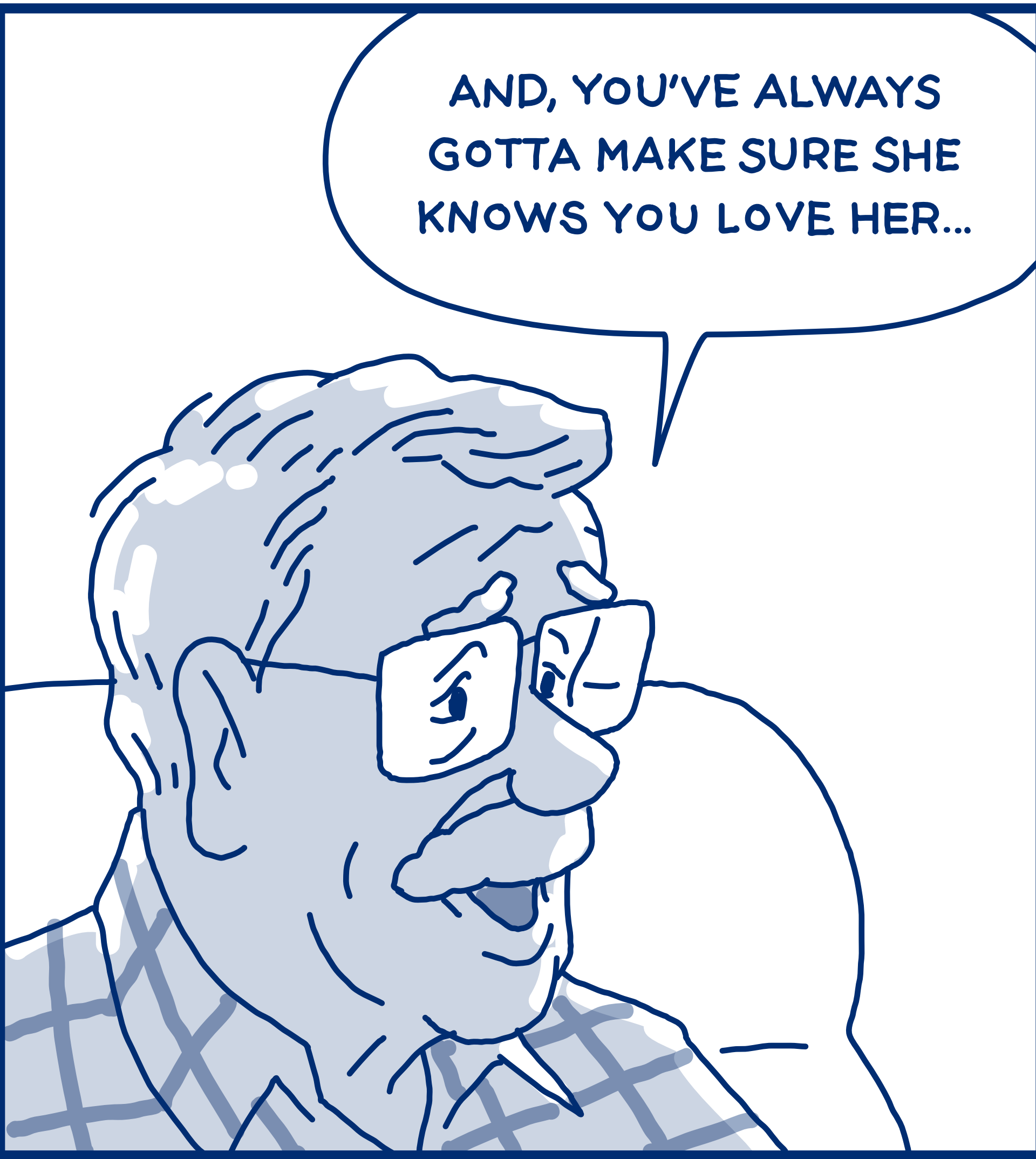
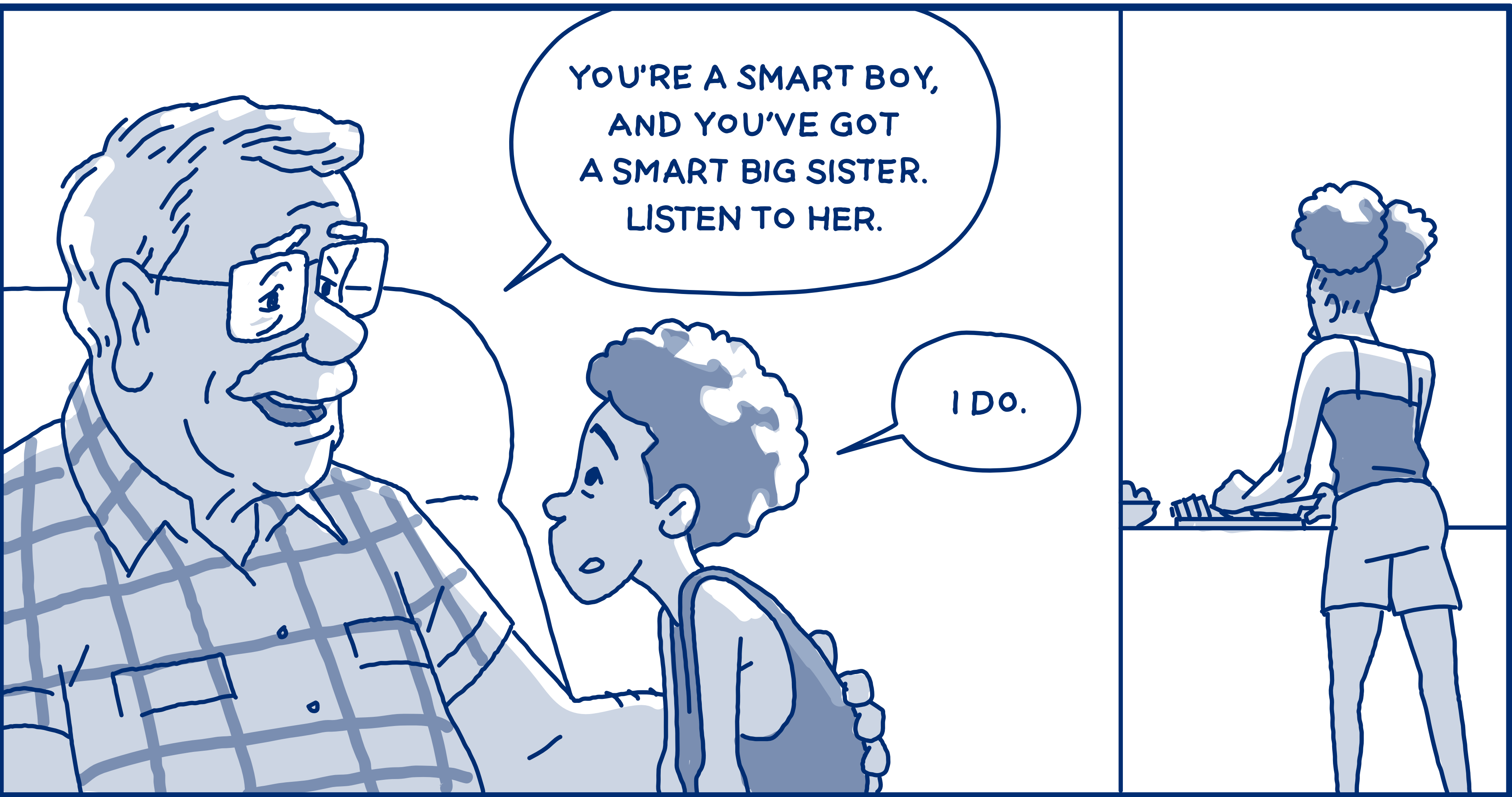


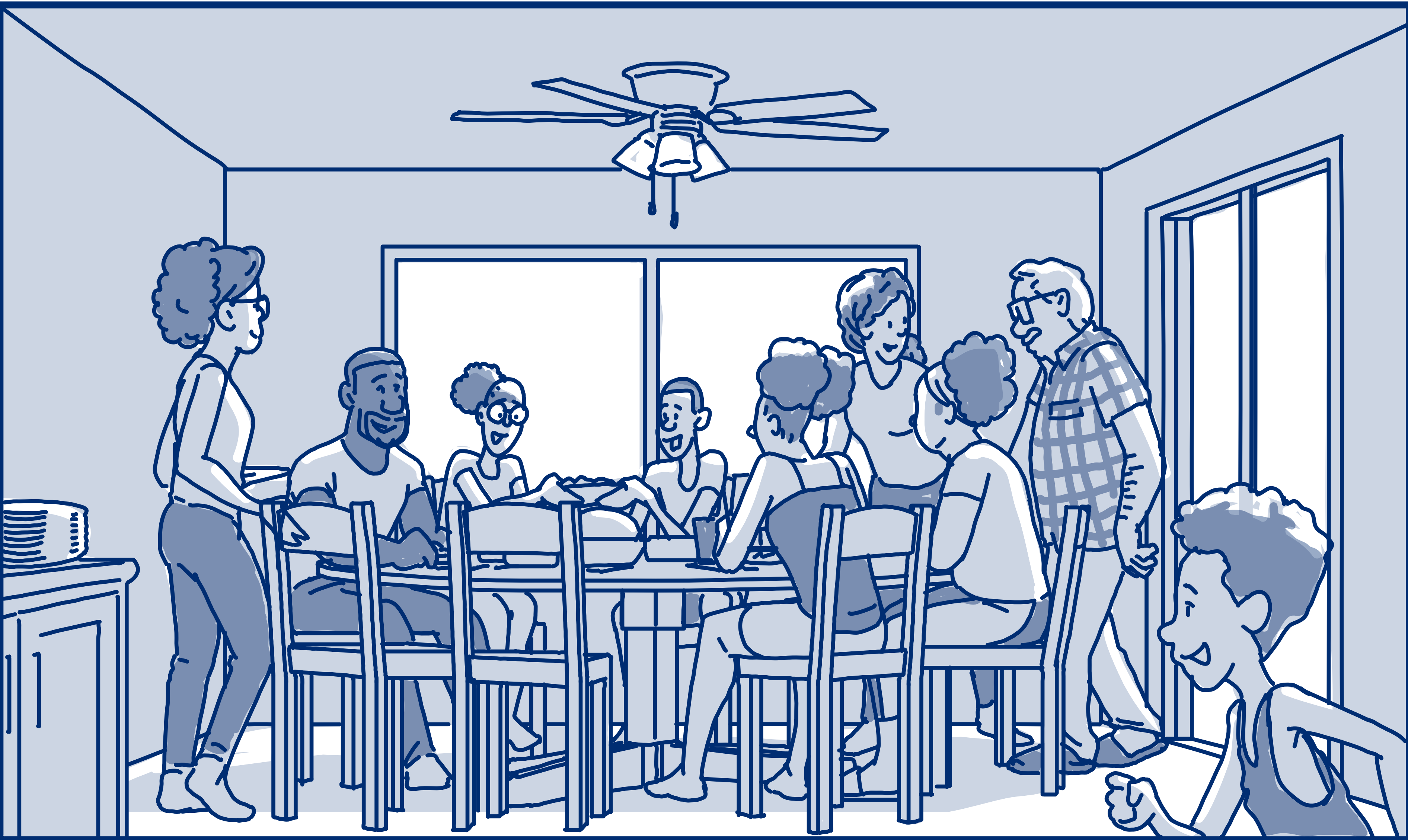
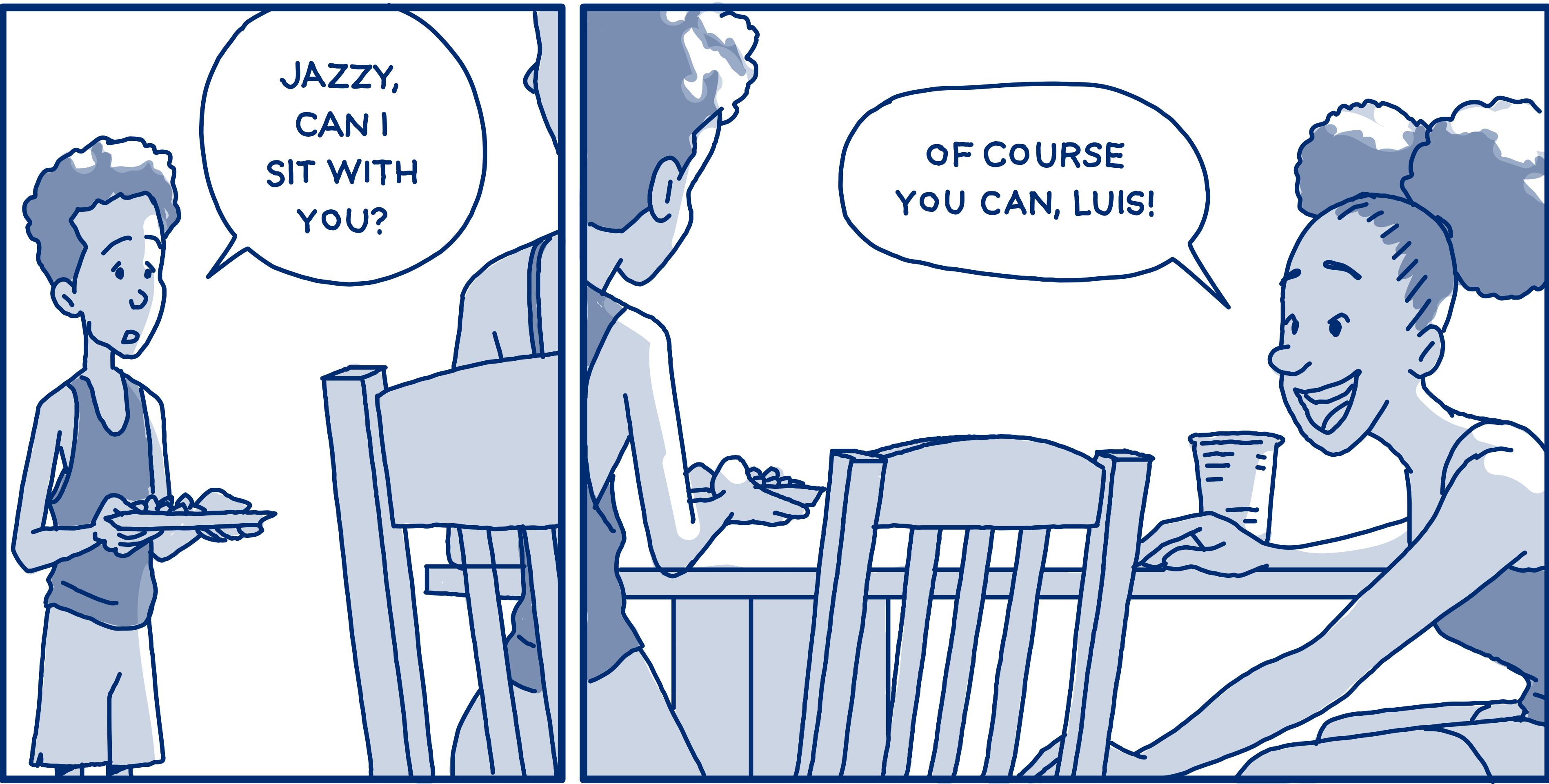
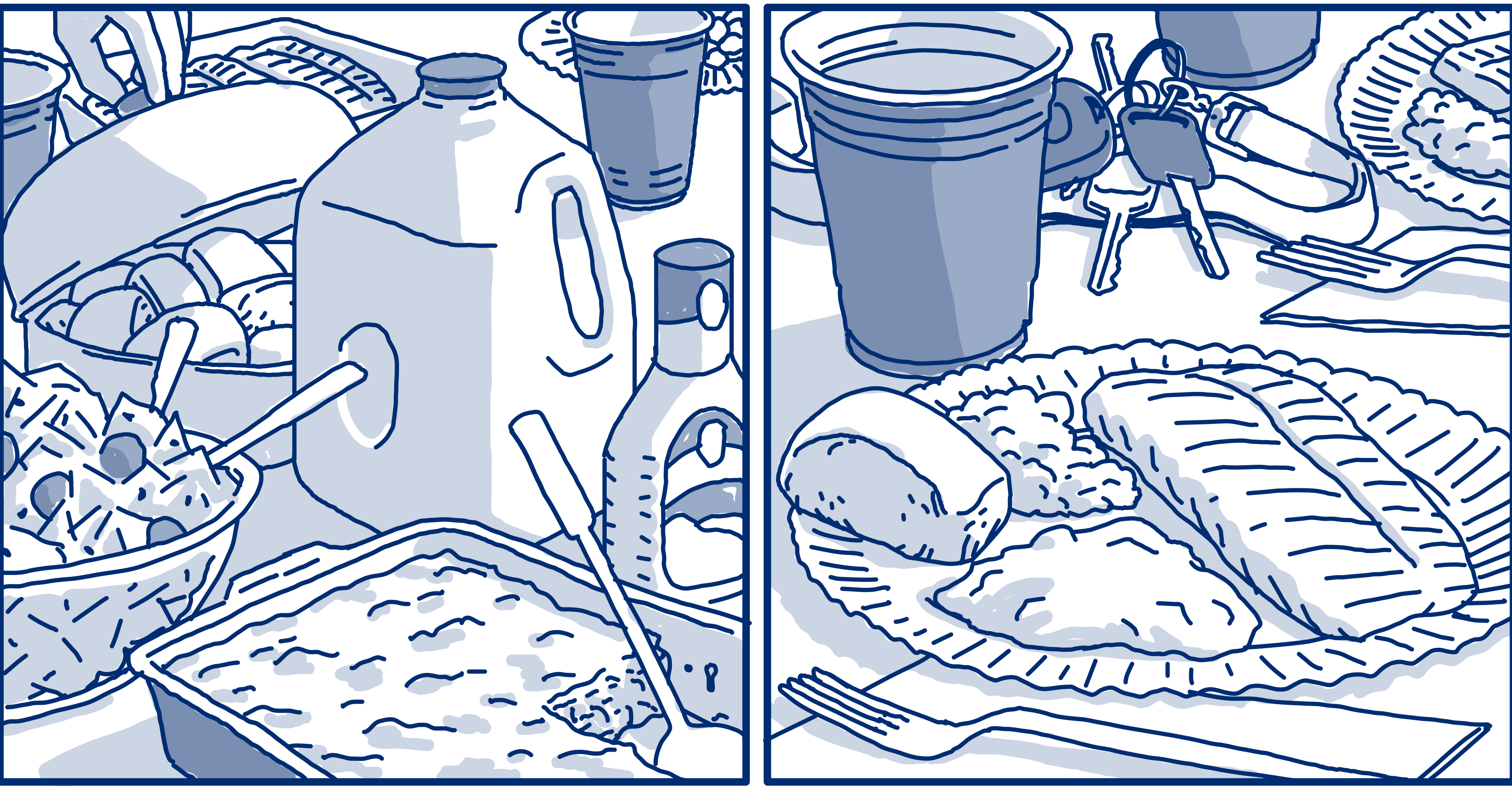












DO YOU EAT FISH FROM THE CAPE FEAR RIVER?

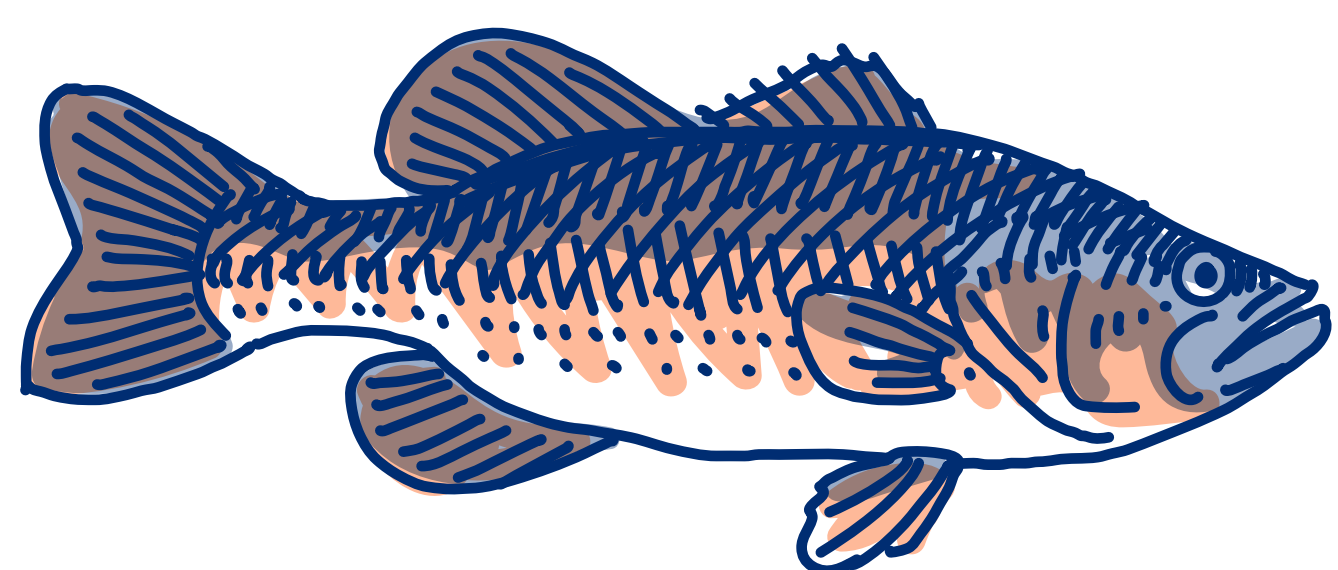
TURN THE PAGE TO HEAR GRANDPA LITO'S AND AUNTIE SHEL'S SIMPLE STEPS TO STAYING SAFE WHILE EATING THE FISH WE ALL LOVE.



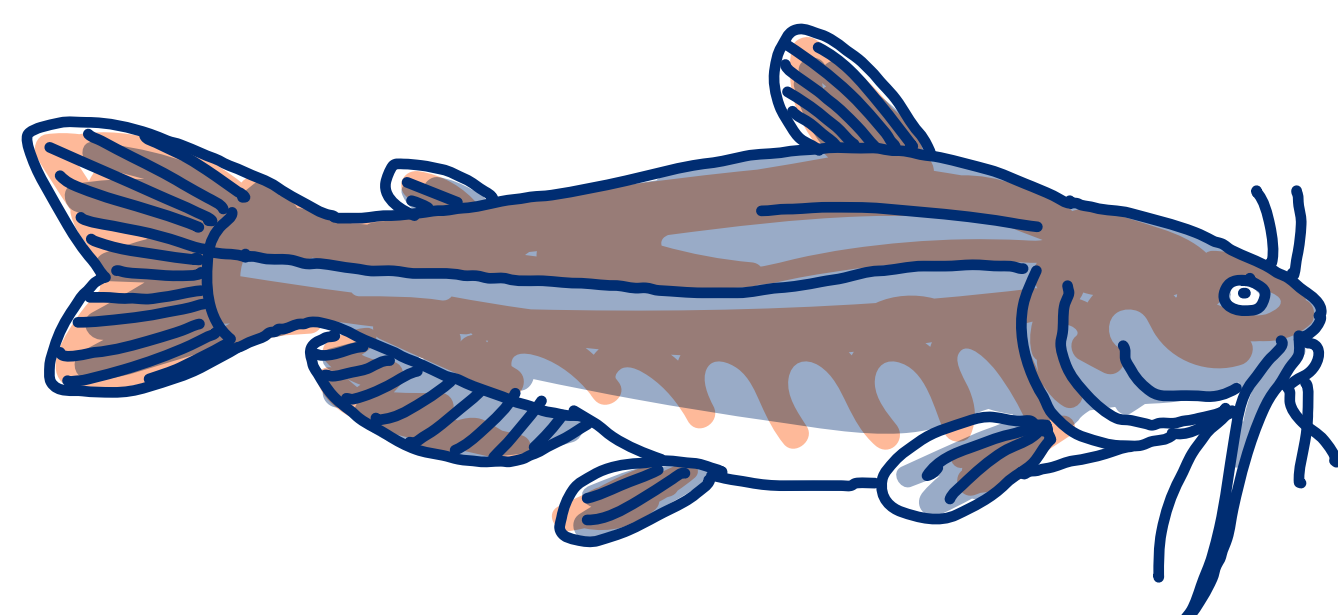
STOP & CHECK

STOP

KIDS UNDER 15 AND PEOPLE WHO ARE OR MAY BECOME PREGNANT SHOULD NOT EAT WILD-CAUGHT CATFISH OR LARGEMOUTH BASS FROM ANYWHERE IN NORTH CAROLINA.



LARGEMOUTH BASS

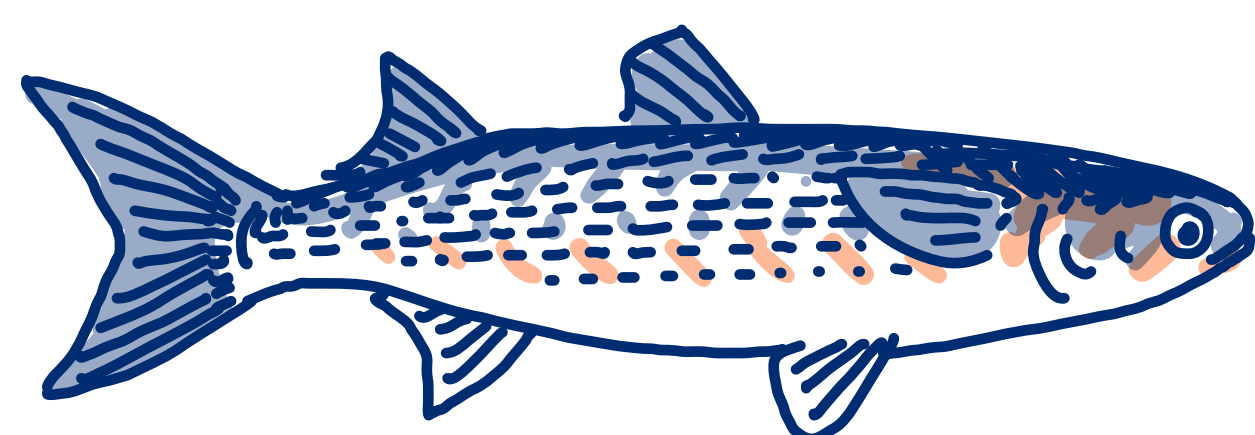


CATFISH

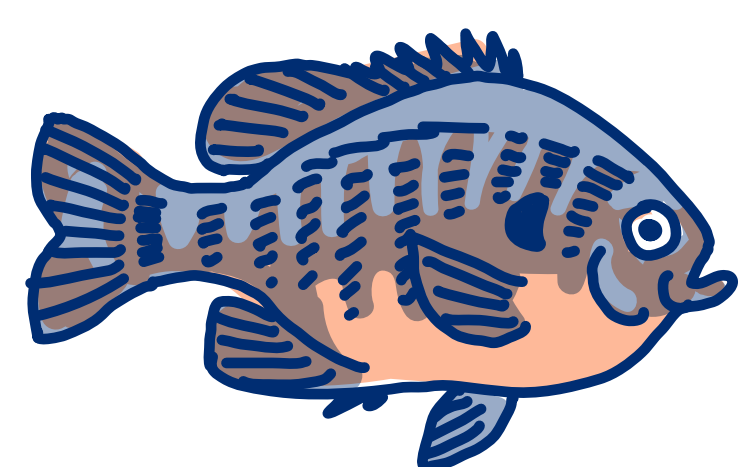


CHECK

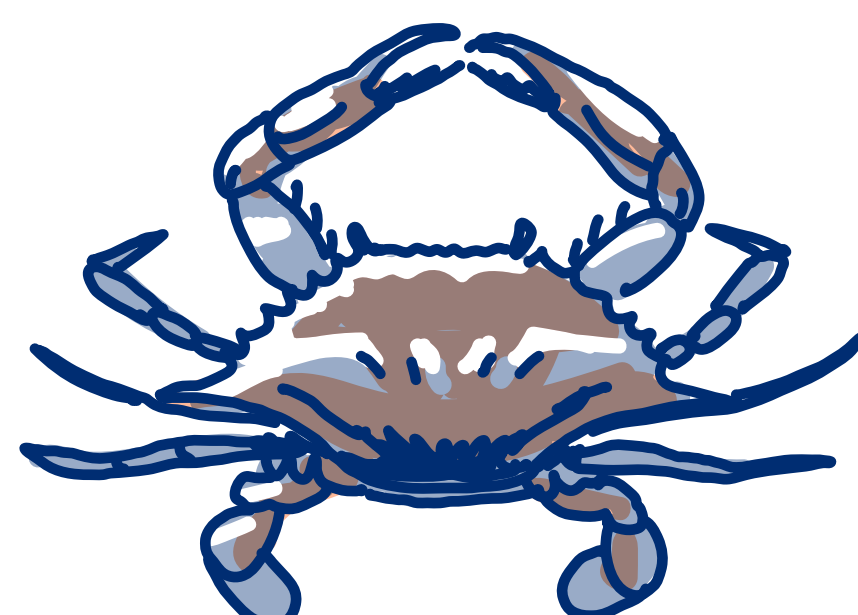
EVERYONE SHOULD CHECK ADVISORIES FOR ALL FISH FROM THE CAPE FEAR RIVER.



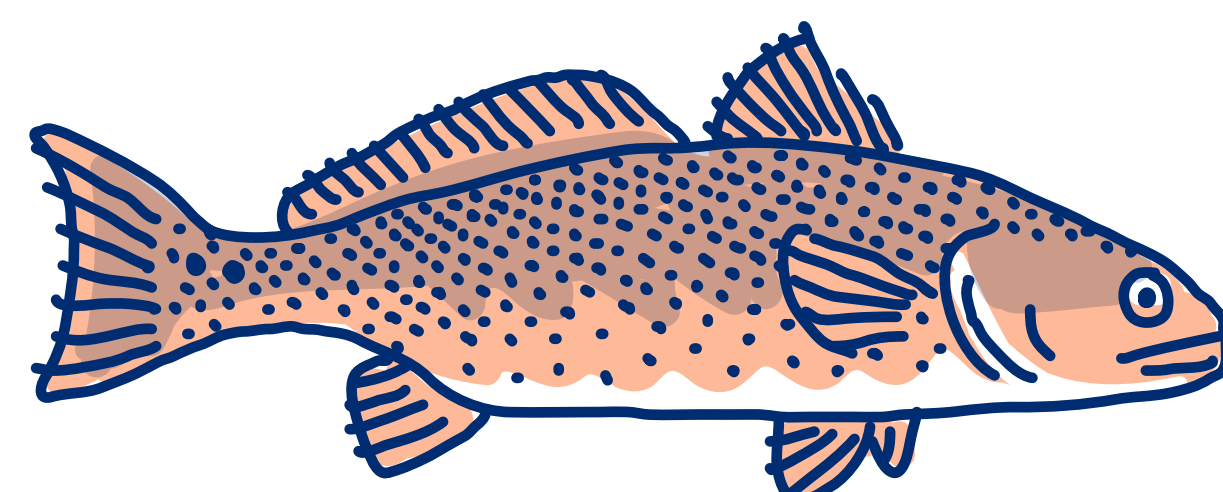
STRIPED MULLET



BLUE GILL



BLUE CRAB



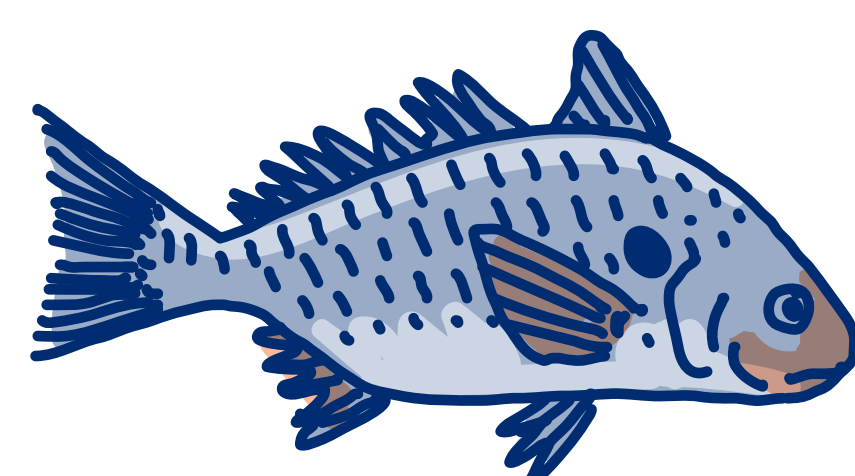
RED DRUM



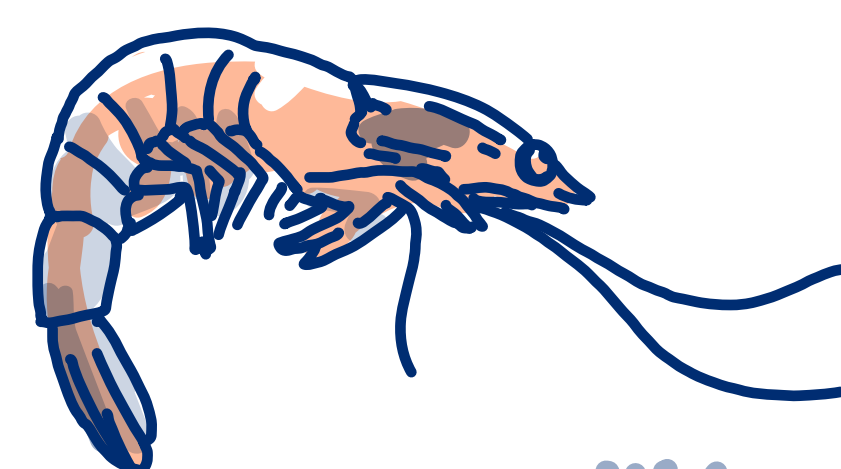
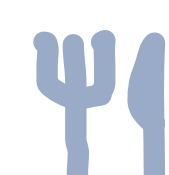
Enjoy

ENJOY

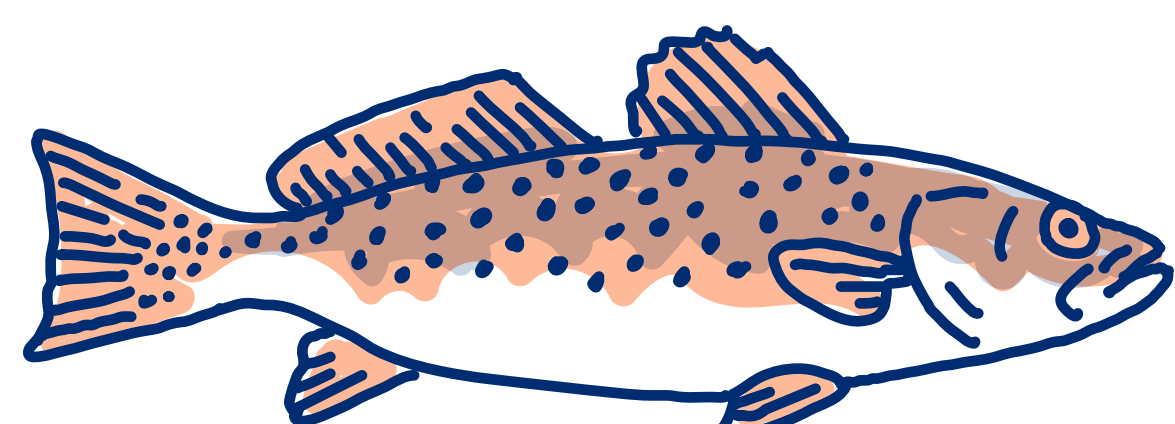
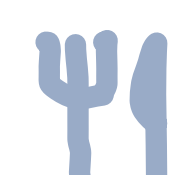
ENJOY SAFER FISH ONCE YOU HAVE CHECKED LOCAL ADVISORIES, AND FOLLOW PER WEEK PORTION AND MEAL RECOMMENDATIONS.



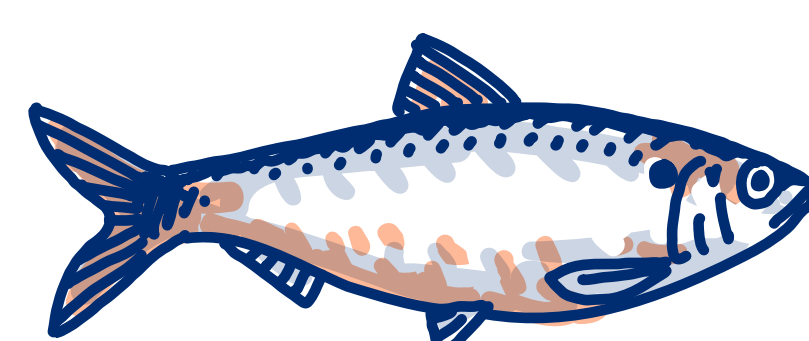
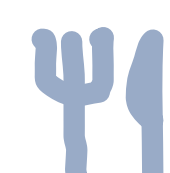
SPOT



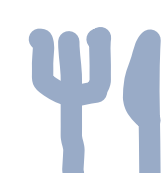
SHRIMP



SPECKLED TROUT



SHAD



COOK SAFER FISH

FILLET FISH TO REMOVE CHEMICALS STORED IN THE SKIN, HEAD, AND ORGANS.

AND INSTEAD OF FRYING, BAKE, BROIL, OR GRILL TO LIMIT EXPOSURE TO CHEMICALS STORED IN FAT.

1

MAKE A SINGLE CUT WHERE THE HEAD ENDS & THE MEAT BEGINS, ALL THE WAY THROUGH

2

INSERT KNIFE ABOUT 1 INCH & RUN ALONG SIDE OF DORSAL FIN ALL THE WAY TO THE TAIL

3

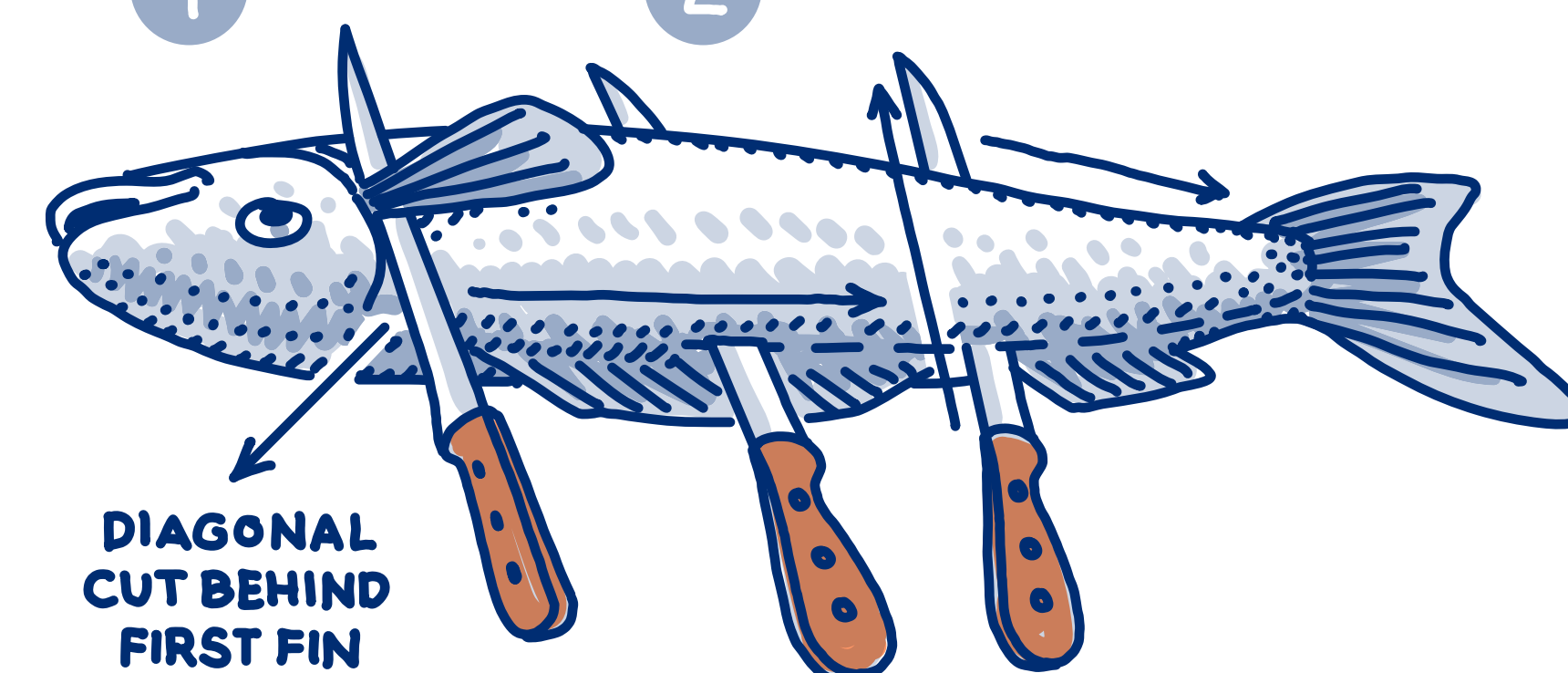
SEPARATE FILLET FROM THE CARCASS WITH SEVERAL STRAIGHT & SHALLOW CUTS. DON'T USE TOO MUCH PRESSURE OR YOU'LL GET BONES IN YOUR FILLET. REPEAT ON THE OTHER SIDE.

4

TO REMOVE THE SKIN, HOLD DOWN THE TAIL END OF THE FILLET, & RUN THE KNIFE BETWEEN THE SKIN & MEAT TOWARDS WHERE THE HEAD WAS

1

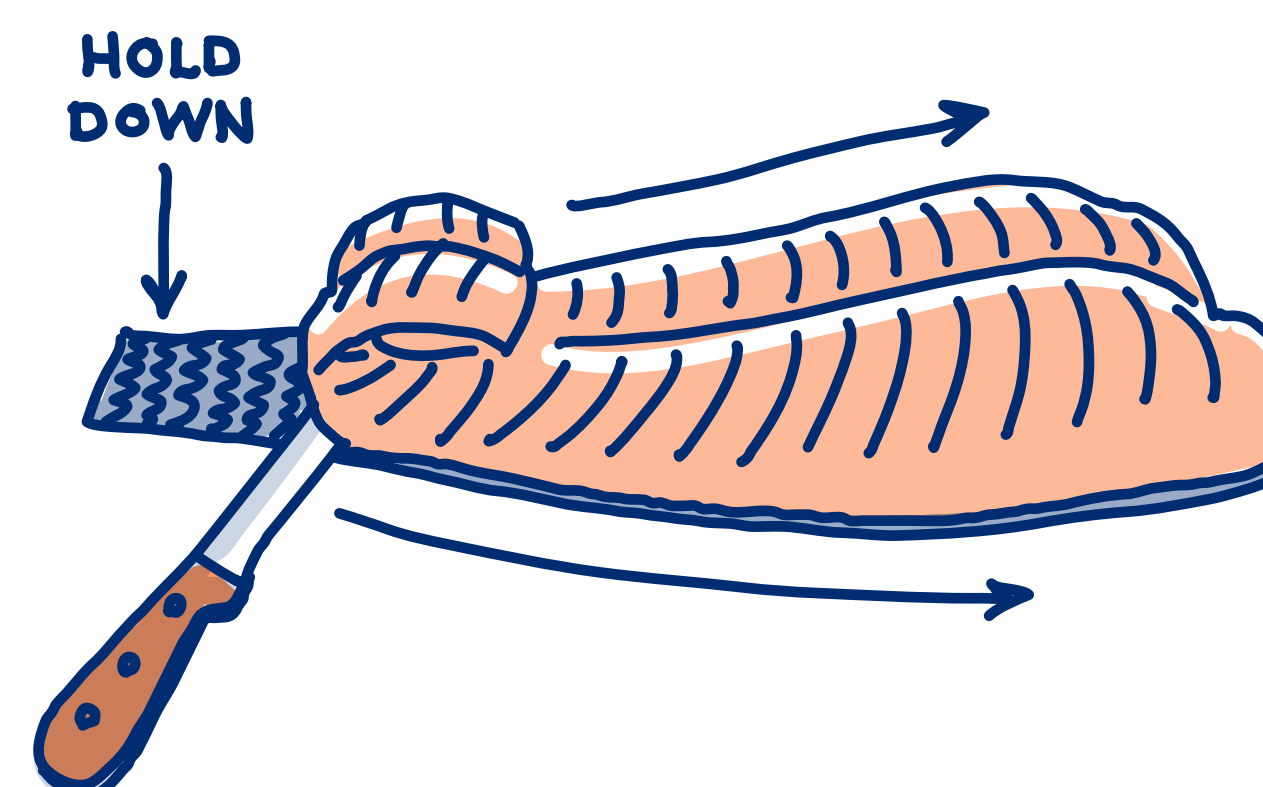
2



3



4



How to Check Advisories FOR FISH FROM THE CAPE FEAR RIVER

SCAN CODE WITH PHONE CAMERA



VISIT [BIT.LY/EATSAFEFISH](https://bit.ly/eatsafeFish)

CALL (919) 707-5900

SEARCH ONLINE FOR "FISH ADVISORIES NC"

¿HABLA ESPAÑOL?

PARA MAYOR INFORMACIÓN EN ESPAÑOL VISITE: [HTTPS://BIT.LY/CAPEFEARFISH](https://bit.ly/capefearfish)



SOME FISH FROM THE
CAPE FEAR RIVER MAY
CONTAIN CONTAMINANTS
THAT CAN HARM HEALTH.
CHECK ADVISORIES
BEFORE EATING:
VISIT [BIT.LY/EATSAFEFISH](https://bit.ly/eatsafeFish)
OR CALL 919-707-5900



THE DUKE SUPERFUND RESEARCH CENTER IS SUPPORTED
THROUGH THE NIEHS P42 MULTIPROJECT CENTER GRANT PROGRAM,
GRANT NUMBER P42ES010356.

