



Upstream of the Rt. 9 Bridge
 Visit www.health.ny.gov/fish for this advice.

Upper Hudson
 From the Rt. 9 Bridge to Federal Dam at Troy
 Do not eat fish from the Route 9 Bridge to the Federal Dam at Troy. From Baker's Falls to the Federal Dam at Troy, New York's State Department of Environmental Conservation's "catch and release" regulations apply.
Take No Fish. Eat No Fish.

Mid Hudson From Federal Dam at Troy to Rip Van Winkle Bridge at Catskill	 Men over 15 and Women over 50	 Women under 50 and Children under 15
 Alewife  Blueback herring  Rock bass  Yellow perch	Up to 1 meal/month	DON'T EAT
All other fish from the Mid Hudson including striped bass	DON'T EAT	DON'T EAT

Lower Hudson From Rip Van Winkle Bridge at Catskill to the NYC Battery	 Men over 15 and Women over 50	 Women under 50 and Children under 15
 Walleye  White catfish  Channel catfish  American eel*  Gizzard shad <i>*DEC regulations prohibit taking American eel for food from the Hudson River</i>	DON'T EAT	DON'T EAT
 Striped bass  Smallmouth bass  Largemouth bass  Bluefish  Brown bullhead  White perch  Carp  Rainbow smelt  Goldfish  Atlantic needlefish	Up to 1 meal/month	DON'T EAT
 Blue crab Do not eat the tomalley (green stuff, mustard) or reuse cooking water	Up to 6 crabs/week	DON'T EAT
All other species	Up to 4 meals/month	DON'T EAT

The health advice also applies to tributaries and connected waters if there are no dams, falls or barriers to stop the fish from moving upstream.