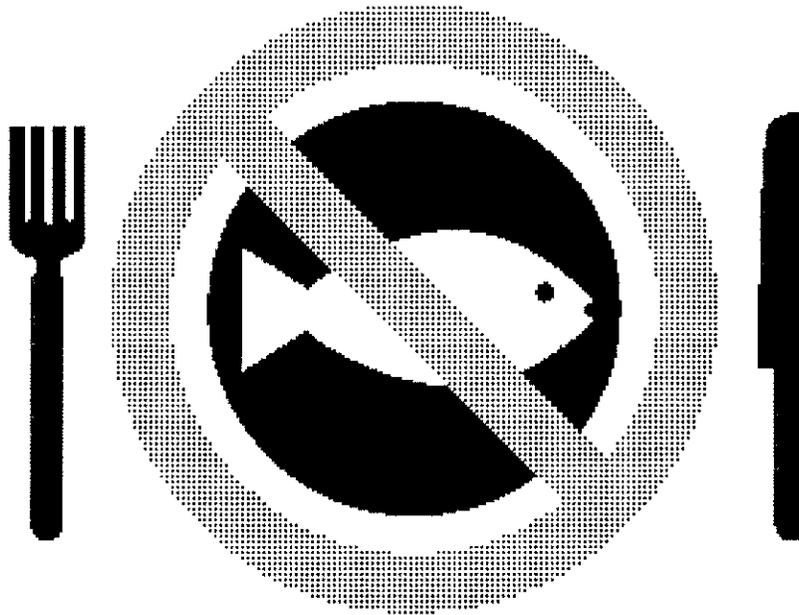


PUBLIC HEALTH ADVISORY

UPPER NAUKEAG LAKE

ASHBURNHAM



Fish Contaminated with Mercury

CHILDREN UNDER 12, PREGNANT WOMEN, NURSING MOTHERS, AND WOMEN OF CHILDBEARING AGE WHO MAY BECOME PREGNANT:

- ◆ Do not eat any fish: catch & release

ALL OTHER PEOPLE:

- ◆ Do not eat largemouth bass or smallmouth bass: catch & release
- ◆ Limit consumption of all other fish to two meals per month

PLEASE NOTE: Water-testing results and related information indicate that no health concerns related to mercury are expected from consumption of drinking water from Upper Naukeag Lake.

Issued by the Massachusetts Department of Public Health

This advisory does not apply to fish that are stocked. MDPH has issued other important health recommendations for fish consumption. To find out more information, please call 617-624-5757 or visit our website at <http://www.mass.gov/dph/fishadvisories>.

PUBLIC HEALTH FISH CONSUMPTION ADVISORY:
UPPER NAUKEAG LAKE

The Massachusetts Department of Public Health (MDPH) has reviewed more recent fish toxics data generated by the Department of Environmental Protection for Upper Naukeag Lake. Mercury has been detected in fish caught from Upper Naukeag Lake. The average mercury levels in largemouth bass and smallmouth bass sampled from Upper Naukeag Lake were above the Food and Drug Administration Action Level for mercury of 1.0 mg/kg. Mercury may accumulate in individuals who frequently eat fish contaminated with mercury, thus leading to an increased risk of health effects. Fetuses and nursing infants are particularly sensitive to the developmental and health problems associated with mercury exposure. Because of health concerns associated with exposure to mercury, MDPH offers the following updated recommendations:

RECOMMENDATIONS

1. Children under 12, pregnant women, nursing mothers, and women of childbearing age who may become pregnant should refrain from consuming any fish caught from Upper Naukeag Lake to prevent exposure of developing fetuses, nursing infants and young children to mercury.
2. The general public should not consume any largemouth bass or smallmouth bass caught from Upper Naukeag Lake.
3. The general public should limit consumption of all other fish species caught from Upper Naukeag Lake to two meals per month.

For more information contact:

Massachusetts Department of Public Health
Bureau of Environmental Health (617) 624-5757

August, 2013



The Commonwealth of Massachusetts
 Executive Office of Health and Human Services
 Department of Public Health
 Bureau of Environmental Health
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DEVAL L. PATRICK
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 CHERYL BARTLETT, RN
 COMMISSIONER

August 30, 2013

Rick Metcalf, Health Agent
 Ashburnham Board of Health
 Town Hall
 32 Main Street
 Ashburnham, MA 01430

RECEIVED
 SEP - 3 2013
 BY:

Dear Mr. Metcalf,

Enclosed, please find a copy of the updated Public Health Fish Consumption Advisory for Upper Naukeag Lake in Ashburnham based on elevated levels of mercury. The previous advisory has been updated based on additional fish sampling.

As you are likely aware, mercury is a significant bioaccumulating contaminant. Bioaccumulation is a process through which levels of certain chemicals become increasingly concentrated in organisms occupying the higher levels of the food chain, such as larger predatory fish. Thus levels in fish can be much higher than the actual levels in the water. It is important to stress that, given that Upper Naukeag Lake is a public water supply, the Massachusetts Department of Public Health (MDPH) reviewed data provided by the Massachusetts Department of Environmental Protection (MassDEP) relative to water testing (including testing for mercury) conducted by the Ashburnham Water and Sewer Commission. As expected, no mercury was detected in the drinking water.

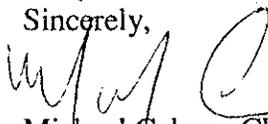
We have also enclosed a fact sheet that includes information on eating fish safely, a copy of the current state-wide advisory for mercury, a list of the Public Health Fish Consumption Advisories that are being issued in August 2013, and a list of all the Public Health Fish Consumption Advisories that have been issued state-wide for Massachusetts freshwater bodies. The Department would like to work collaboratively with you to advise persons who may eat fish from Upper Naukeag Lake of the health risks associated with consumption. The advisory for Upper Naukeag Lake, as with all other fish advisories being issued, is effective with the receipt of this letter and subsequent posting.

Generating an advisory involves the cooperative efforts of MDPH, MassDEP, and the Division of Fisheries and Wildlife. These agencies' activities include designing fish surveys and analyzing contaminant concentrations in fish samples. Data generated from the monitoring activities are evaluated, and if significant levels of a contaminant are detected, a Public Health Fish

Consumption Advisory is issued. The advisory may suggest either limiting or refraining from consumption of fish from the water body.

We would appreciate if you could arrange to post this important advisory information at your office and at Upper Naukeag Lake itself as soon as possible. We have included representative posters and will be happy to provide you with any assistance you may need in accomplishing local notification. We would be happy to assist with translating the advisory into any languages you feel are relevant to this water body based on the types of populations that you may know of who utilize this resource. For questions or concerns regarding posting or health education and outreach activities, we can be reached at (617) 624-5757 for follow-up assistance.

Sincerely,



Michael Celona, Chief, Water Toxics Unit
Environmental Toxicology Program
Bureau of Environmental Health

cc: Suzanne K. Condon, Associate Commissioner, MDPH, Director, BEH
Martha Steele, Acting Director, Environmental Toxicology Program, Deputy Director, BEH
Steve Nims, Superintendent, Ashburnham Water-Sewer Commission
John Deline, Jr, Director, Winchendon DPW
Jim Abare, Health Agent, Winchendon Health Department
James Garreffi, Director, Nashoba Associated Boards of Health