



# POST IT DAY

*A project to post state-issued fish consumption advisories at Sierra reservoirs*



*Mercury was brought to the Sierra Nevada region for use in gold processing during California's Gold Rush. The most significant human health threat stemming from the resource extraction of that era is exposure to mercury through the consumption of contaminated fish.*

## OVERVIEW

Since 2015, The Sierra Fund (TSF) has organized an annual volunteer event to post fish consumption advisories, issued by the California Office of Environmental Health Hazard Assessment (OEHHA), at regional water bodies. Fish consumption advice is communicated in terms of species, demographic group and the recommended maximum number of servings that can be safely consumed within one week. **The goal of this project is to increase access to important guidelines for making healthy fish choices, especially for those with a higher exposure risk.**

## WHO'S AT RISK?

Mercury is a developmental neurotoxin. Sensitive populations include women of childbearing age and children. Additional at-risk populations include groups who consume fish at a higher rate than the general population, such as for cultural or subsistence diets.

## WHY THE NEED?

While OEHHA issues fish consumption advisories, no agency is mandated to post this information at the places where people fish. Fish consumption advisories are posted inconsistently in mercury-contaminated watersheds across the state, which can create the false perception that at locations where advisories are not posted, the fish must be safe to eat.

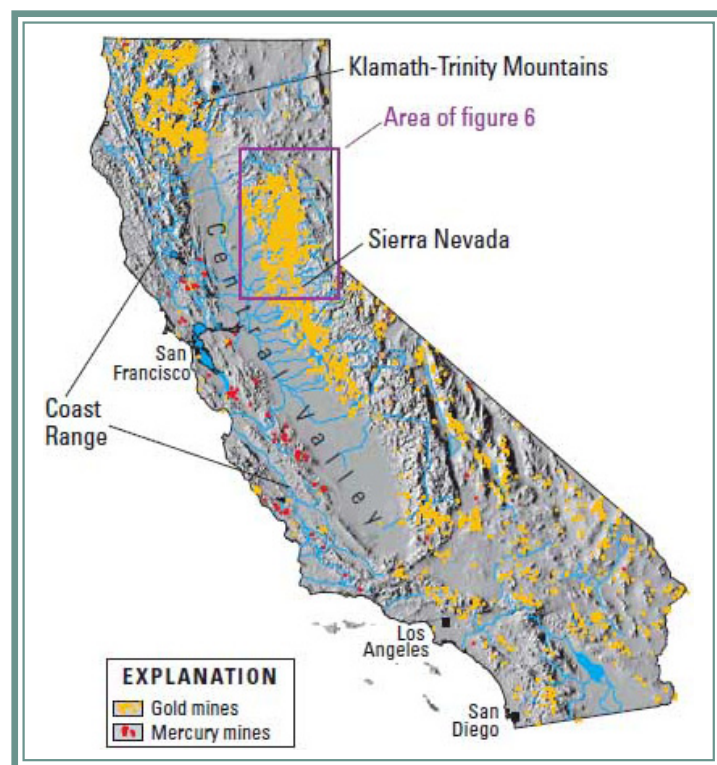


## NEXT STEPS

Informed by three years of organizing Post It Day, TSF published a model protocol outlining the steps and best practices to plan and execute regional fish consumption advisory posting events. TSF will continue to present the protocol to agencies in mercury-impacted watersheds to encourage robust posting of fish consumption advisories statewide. OEHHA frequently issues new site-specific advisories, and TSF will leverage the momentum around these releases by identifying and contacting regional entities who may be uniquely situated to lead posting events.

## BY THE NUMBERS

In 3 YEARS,  
60 VOLUNTEERS have  
posted nearly  
100 LOCATIONS at over  
20 WATER BODIES in  
5 WATERSHEDS  
in the Sierra.  
9 TARGET WATER BODIES  
have been posted in  
2 LANGUAGES,  
Spanish and English.



Map Source: USGS Fact Sheet 2005\_3014\_v1.1

Mercury was mined from California's Coast Range and transported to the Sierra Nevada to improve gold recovery, as mercury is an amalgam to gold.

### THANK YOU PROJECT FUNDERS!

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