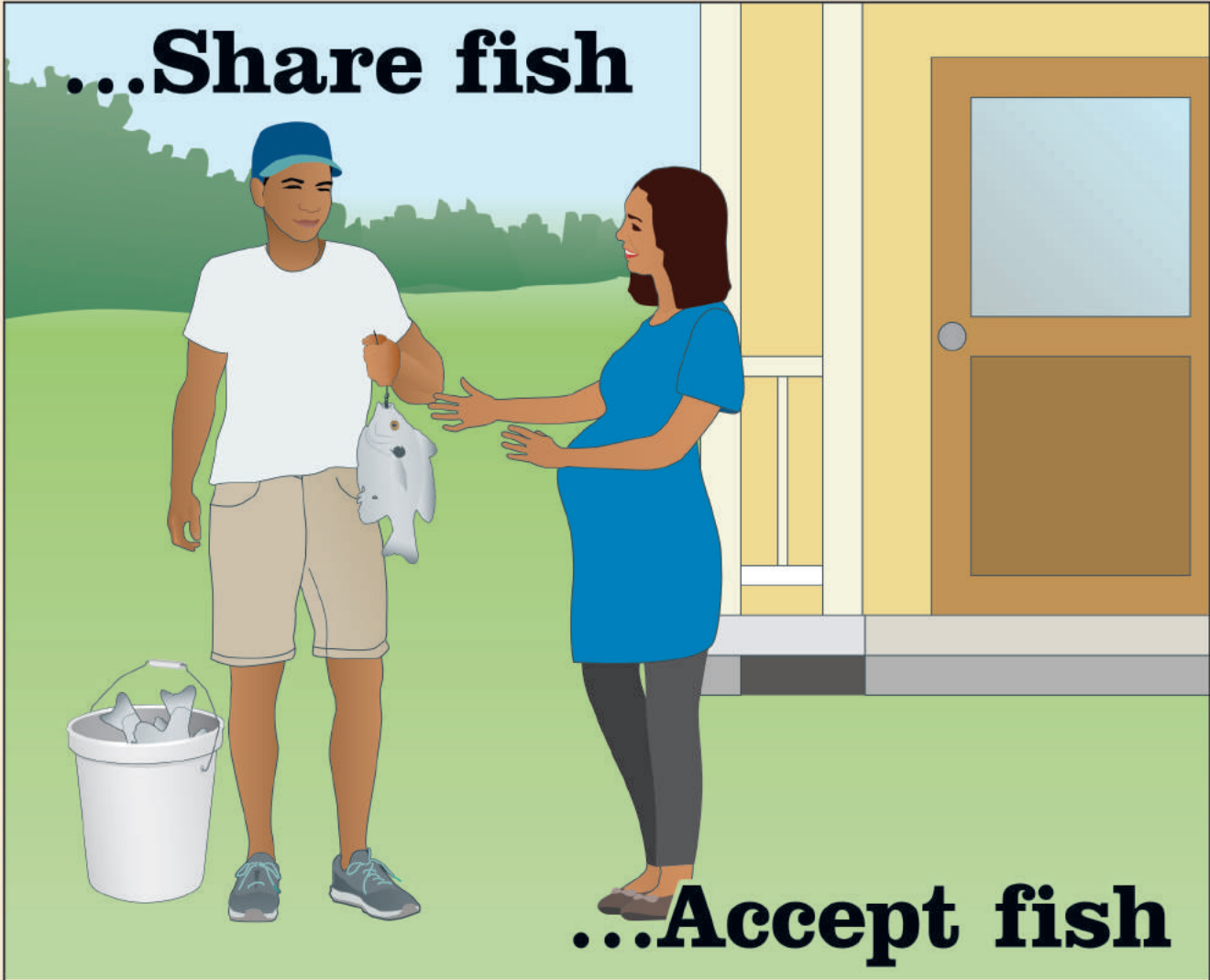


# Make safe choices for your family's health in how you...



Keep the fish that store less pollution.



Cut off the skin and fat,  
drain the oil.



Eat a safe portion size  
at a safe frequency.



Please visit [www.xxxxxx.gov](http://www.xxxxxx.gov) for more information  
about the fish in your area.