

SEAFOOD CONSUMPTION GUIDELINES

for GLYNN COUNTY

Seafood consumption advisories are in place in **Glynn County, Georgia**, so that consumers can enjoy our locally caught seafood from recreational fishing areas while also reducing health risks from pollutants. Glynn County's industrial past has left behind legacy contaminants that we need to be aware of when consuming local, recreationally-caught seafood. This resource utilizes guidelines from the Georgia Department of Natural Resources (DNR) Environmental Protection Division on safe seafood consumption from various fishing zones.

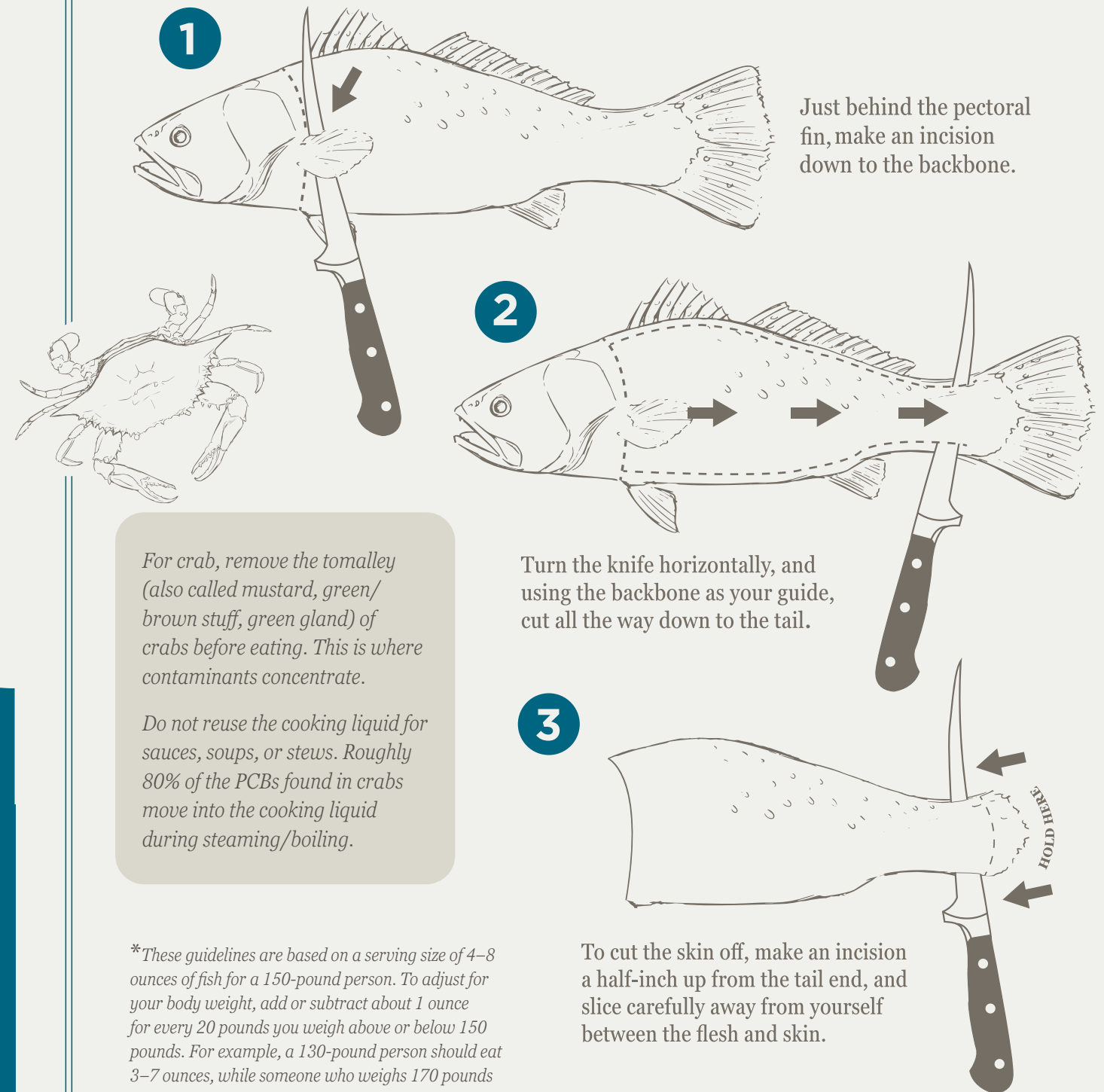
The risks of exposure to environmental contaminants can vary greatly from person to person. Just as these contaminants can accumulate over time in fish, they can also be stored in people who consume these fish. Women who are pregnant or nursing and children under the age of six are most vulnerable to environmental contaminants because they experience higher rates of growth and development.

According to Georgia DNR, people can maintain a healthy fish diet and reduce their risk of exposure to heavy metal (mercury) and poly-chlorinated biphenyls (PCBs) by 25-50% if they follow the recommendations below:

- **Catch the fish you eat from a variety of different locations**, rather than fishing in only one spot (*see details on next page*).
- **Eat many different species of fish for a more varied diet**, rather than regularly eating only one or two species.
- **Eat smaller portions of large fish and eat them less often—smaller fish are a safer, more frequent option.**
- **Eat filleted fish and remove skin and fatty areas from the belly, sides, and back**, where contaminants concentrate, rather than consuming whole cooked fish.
- **Broil, bake, or grill your fish so that fat drips off**, rather than pan-frying or deep-frying.

HOW TO FILLET A FISH

Instead of cooking fish whole, cut off fat and skin to remove contaminants like PCBs.



**These guidelines are based on a serving size of 4–8 ounces of fish for a 150-pound person. To adjust for your body weight, add or subtract about 1 ounce for every 20 pounds you weigh above or below 150 pounds. For example, a 130-pound person should eat 3–7 ounces, while someone who weighs 170 pounds should eat 5–9 ounces.*

Check the maps and tables below. These guidelines are designed to help minimize health risks that may result from eating contaminated seafood. Please follow the meal recommendations for each species and location listed.

There are no restrictions on shrimp in any locations. There is a complete ban on shellfish (clams, mussels and oysters) in all 8 zones.

KEY: Do not eat 1 meal/month 1 meal/week No restrictions

TURTLE RIVER ESTUARY

1 Lower Turtle & South Brunswick Rivers (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle River (from Marker 9) and South Brunswick River (downstream to Dubignon and Parsons)	Black Drum, Blue Crab, Red Drum, Shrimp, Southern Flounder	No restrictions
	Atlantic Croaker, Sheepshead, Southern Kingfish, Spot Spotted Seatrout, Striped Mullet	1 meal/week

2 Middle Turtle River (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle River from state Hwy 303 to Channel Marker 9	Shrimp, Southern Flounder	No restrictions
	Black Drum, Blue Crab, Red Drum, Sheepshead, Spotted Seatrout	1 meal/week
	Atlantic Croaker, Southern Kingfish, Spot, Striped Mullet	1 meal/month

3 Purvis & Gibson Creeks (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Purvis and Gibson Creeks	Shrimp	No restrictions
	Black Drum, Blue Crab, Red Drum, Sheepshead, Southern Flounder	1 meal/week
	Spot, Spotted Seatrout	1 meal/month
	Atlantic Croaker, Southern Kingfish, Striped Mullet	Do not eat

4 Upper Turtle & Buffalo Rivers (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle and Buffalo Rivers, upriver of Georgia Hwy 303	Black Drum, Shrimp, Southern Flounder	No restrictions
	Blue Crab, Red Drum, Sheepshead, Southern Kingfish, Spotted Seatrout	1 meal/week
	Atlantic Croaker, Striped Mullet	1 meal/month
	Spot	Do not eat

DUPREE & TERRY CREEKS

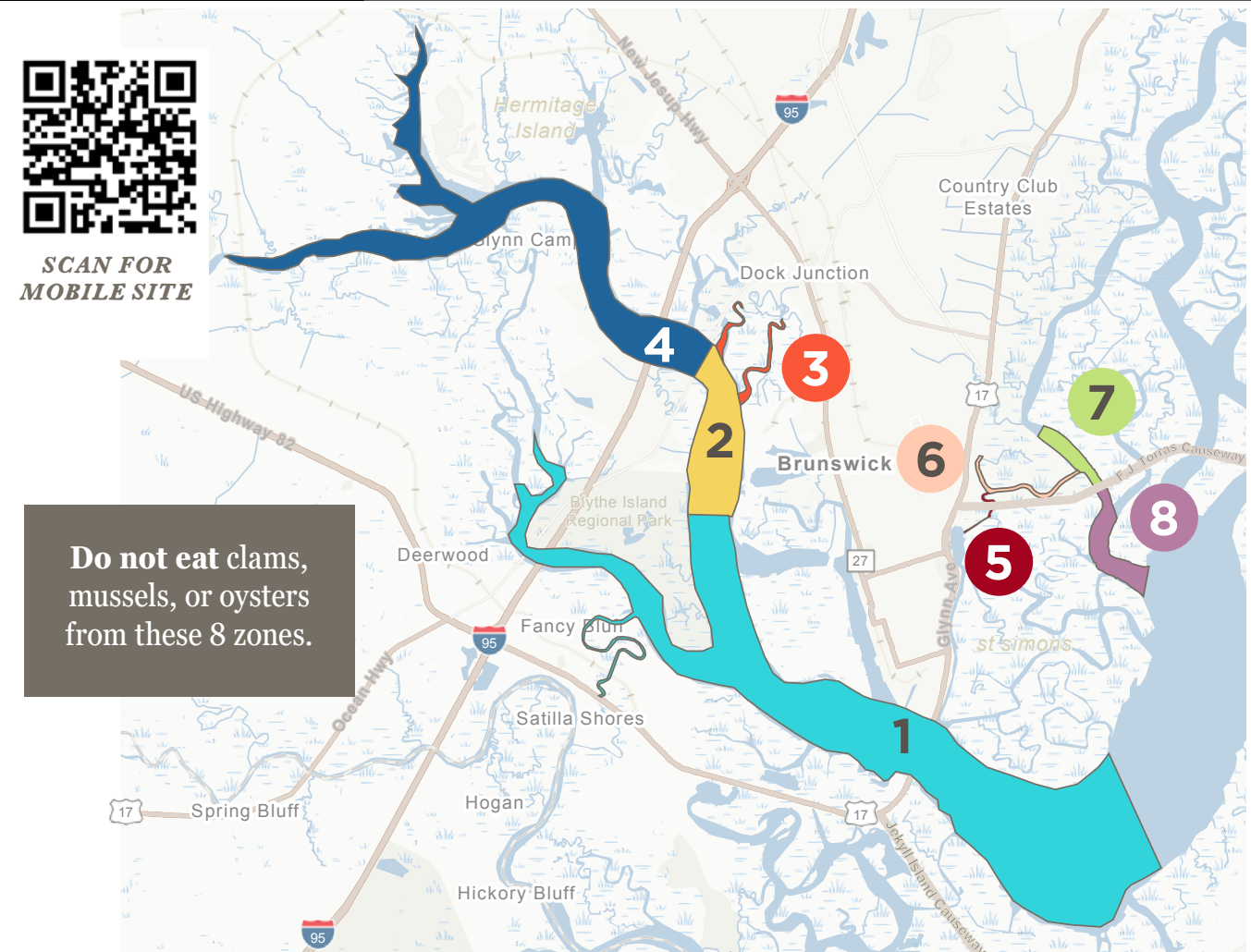
5 Dupree Creek		
Area Sampled	Species	Recommendation
Dupree Creek to 0.5 miles below the junction with Terry Creek	Shrimp	No restrictions
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month

6 Terry Creek		
Area Sampled	Species	Recommendation
Terry Creek 0.75 miles above Back River to the Back River	Shrimp	No restrictions
	Bluefish	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month

BACK RIVER

7 Back River - North		
Area Sampled	Species	Recommendation
Back River above Terry Creek to the Torras Causeway	Shrimp	No restrictions
	Bluefish, Striped Mullet	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout	1 meal/month

8 Back River - South		
Area Sampled	Species	Recommendation
Back River from the Torras Causeway to the St. Simons Sound	Shrimp	No restrictions
	Bluefish	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month



All data are current through 2023, when the latest sampling and laboratory analyses were conducted by DNR.