

TEXAS DEPARTMENT OF HEALTH  
FISH AND SHELLFISH CONSUMPTION ADVISORY

ADV - 4

This advisory is issued as a result of selenium contamination of the described species. Selenium is an essential trace element that can become toxic if excessively consumed. Symptoms of sub-acute or chronic toxicity in humans include brittleness and loss of hair and nails; erythema, blisters, vomiting, fatigue and various neurologic symptoms.

AREA: All of Martin Creek Reservoir located in Rusk and Panola Counties; all of Brandy Branch Reservoir located in Harrison County and all of Welsh Reservoir located in Titus County.

SPECIES AFFECTED: All fish species.

CONSUMPTION ADVISORY:

- A. Adults should consume no more than one meal not to exceed 8 ounces of fish per serving each week.
- B. Children seven years of age and older should consume no more than one meal not to exceed 4 ounces of fish per serving each week.
- C. Children six and under, pregnant women or women who may soon become pregnant should not consume fish from these reservoirs.
- D. Persons consuming fish from these reservoirs should not consume mineral dietary supplements with selenium exceeding 50 micrograms per day.

This advisory shall remain in effect until rescinded or modified in writing.

Issued this 11th day of May, 1992.



David R. Smith, M.D.  
Commissioner of Health