Wyoming Department of Health

Commit to your health.

Fish Consumption Advisory

Fremont Lake

Advisory updated 9/23/2015

The Wyoming Game and Fish Department has tested fish from this waterbody for mercury. The Wyoming Department of Health has provided consumption advice according to mercury levels. To determine the recommended maximum number of meals that may be consumed per month, find the species and length of the fish you caught and follow the recommendations described below. A meal is 8 oz. of uncooked fish or 6 oz. of cooked fish.

Data are available for the species and length-classes shown in the table. Where data are not reported, data are not available, and we recommend that sensitive individuals follow the General Fish Consumption Advice.

Fish species	Length (inches)	Women who might become pregnant, nursing mothers, and children less than 15 years of age	All other persons
Fremont Lake			
Brown trout	Less than 20”	Up to 8 meals per month	Unrestricted consumption
Lake trout	Less than 25"	Up to 8 meals per month	Unrestricted consumption
Rainbow trout, cutthroat trout, and hybrids	Less than 20"	Up to 8 meals per month	Unrestricted consumption

This document is part of the Wyoming Fish Consumption Advisory. The complete advisory is posted on the Wyoming Game and Fish Department Website https://wgfd.wyo.gov/Fishing-and-Boating/Fish-Consumption-Advice

For more information, call Dr. Tracy Murphy, State Epidemiologist 307-777-7172. Detailed sampling results are available upon request (307-777-4600).