

Freshwater Fish Consumption Advisory List

Massachusetts Department of Public Health
Bureau of Climate and Environmental Health
(617) 624-5757
December 2025

| WATERBODY | MUNICIPALITY | HAZARD(S)* | MEAL ADVICE** | MEAL ADVICE** |
|--|---|---------------|---|---|
| | | | Children under 12; and people who are nursing, pregnant, or may become pregnant | All other people |
| Aaron River Reservoir | Cohasset, Hingham, Scituate | Mercury | Do not eat any fish | Do not eat Chain Pickerel, Yellow Perch Limit other species to 2 meals/month |
| Alewife Brook and Little River | Arlington, Belmont, Cambridge, Somerville | PCBs | Do not eat Carp | Limit Carp to 2 meals/month |
| Ames Pond | Tewksbury | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Ashfield Lake | Ashfield | Mercury | Do not eat any fish | Do not eat Largemouth Bass |
| Ashland Reservoir | Ashland | Mercury, PFAS | Do not eat any fish | Limit all fish to 1 meal/month |
| Ashley Lake | Washington | Mercury | Do not eat Yellow Perch | Limit Yellow Perch to 2 meals/month |
| Ashmere Lake | Hinsdale, Peru | Mercury | Do not eat Chain Pickerel, Largemouth Bass | Limit Chain Pickerel, Largemouth Bass to 2 meals/month |
| Ashumet Pond | Mashpee, Falmouth | Mercury, PFAS | Do not eat any fish | Do not eat any fish |
| Asnacomet Pond | Hubbardston | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |
| Atkins Reservoir | Amherst, Shutesbury | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Attitash, Lake | Amesbury, Merrimac | Mercury, PFAS | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Badluck Lake | Douglas | Mercury | Do not eat any fish | Do not eat any fish |
| Baker Pond | Brewster, Orleans | Mercury | Do not eat Yellow Perch | Limit Yellow Perch to 2 meals/month |
| Baldpate Pond | Boxford | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Ballardvale Impoundment of Shawsheen River | Andover | Mercury | Do not eat Black Crappie, Largemouth Bass | Limit Black Crappie, Largemouth Bass to 2 meals/month |
| Bare Hill Pond | Harvard | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Bearse Pond | Barnstable | Mercury | Do not eat Largemouth Bass, Smallmouth Bass | Limit Largemouth Bass, Smallmouth Bass to 2 meals/month |

Fish consumption advisories for contaminants other than PFAS apply to the consumption of all native game fish but do not apply to stocked trout at a waterbody (unless otherwise specified).

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** Uncooked serving sizes should be 8 to 12 oz. of fish for adults and children over 12, with smaller amounts for younger children. For fish species identification, visit <https://www.mass.gov/info-details/freshwater-fishes-of-massachusetts>.

***This waterbody has not been evaluated for mercury. Per DPH's statewide fish consumption advisory for mercury, children under 12, and people who are nursing, pregnant, or may become pregnant, should not eat fish from this waterbody until more information on mercury levels is available.

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|--|--|-------------------------|--|---|
| Beaver Pond | Bellingham, Milford | Mercury | Do not eat Largemouth Bass, Chain Pickerel | Limit Largemouth Bass, Chain Pickerel to 2 meals/month |
| Beck Pond | Hamilton | Mercury | Do not eat Chain Pickerel | Limit Chain Pickerel to 2 meals/month |
| Big Pond | Otis | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Blackstone River | Blackstone, Grafton, Millbury, Millville, Northbridge, Sutton, Uxbridge, Worcester | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Boon, Lake | Hudson, Stow | Mercury, PFAS | Do not eat Black Crappie, Largemouth Bass Limit other species to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Box Pond | Bellingham, Mendon | DDT | Do not eat White Sucker | Do not eat White Sucker |
| Bracket Reservoir (Framingham Reservoir #2) – See Sudbury River | | | | |
| Browning Pond | Oakham, Spencer | Mercury | Do not eat Largemouth Bass, Yellow Perch | Limit Largemouth Bass, Yellow Perch to 2 meals/month |
| Buck Pond | Westfield | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Buckley Dunton Lake | Becket | Mercury | Do not eat any fish | Do not eat Largemouth Bass |
| Buffomville Lake | Charlton, Oxford | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Burr’s Pond | Seekonk | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Cabot Pond – See Rumford River | | | | |
| Canton River (between the Neponset River and Neponset Street dam) | Canton | PCBs, DDT | Do not eat any fish | Do not eat American Eel, White Sucker Limit other species to 2 meals/month |
| Cedar Swamp Pond | Milford | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Center Pond | Becket | Mercury | Do not eat Chain Pickerel | Limit Chain Pickerel to 2 meals/month |
| Chadwicks Pond | Boxford, Haverhill | Mercury | Do not eat any fish | Do not eat any fish |
| Charles River (between the Medway Dam in Franklin and Medway and the South Natick Dam in Natick) | Dover, Franklin, Medfield, Medway, Millis, Natick, Norfolk, Sherborn | Mercury, Chlordane, DDT | Do not eat any fish | Limit all fish to 2 meals/month |

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|--|---|------------------------|--|---|
| Charles River (between the South Natick Dam in Natick and the Museum of Science Dam in Boston/Cambridge) | Boston, Cambridge, Dedham, Dover, Natick, Needham, Newton, Watertown, Wellesley, Weston, Waltham | PCBs, Pesticides, PFAS | Do not eat Carp, Largemouth Bass Limit other species to 1 meal/6 months | Do not eat Carp Limit other species to 1 meal/6 months |
| Chebacco Lake | Essex, Hamilton | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Chicopee Reservoir | Chicopee | PFAS | Do not eat any fish | Do not eat any fish |
| Chicopee River | Palmer, Ludlow, Wilbraham, Springfield, Chicopee | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Clay Pit Pond | Belmont | Chlordane | Do not eat any fish | Do not eat any fish |
| Cleveland Pond | Abington | Mercury | Do not eat Black Crappie | Limit Black Crappie to 2 meals/month |
| Cochato River, Ice Pond and Sylvan Lake | Randolph, Holbrook, Braintree | Pesticides | Do not eat any fish | Do not eat American Eel, Brown Bullhead, Carp Limit other species to 2 meals/month |
| Cochichewick, Lake | North Andover | Mercury, PFAS | Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/month | Limit all fish to 2 meals/month |
| Cochituate, Lake (including Middle, North, South, and Carling Basins) | Framingham, Natick, Wayland | PCBs, PFAS | Do not eat any fish | Do not eat American Eel Limit other species to 1 meal/2 months |
| Concord River (from confluence with Sudbury and Assabet Rivers to the Faulkner Dam in Billerica) | Concord, Carlisle, Bedford, Billerica, Lowell | Mercury, PFAS | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Congomond Lake | Southwick | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |
| Connecticut River | Northfield, Gill, Erving, Montague, Greenfield, Deerfield, Sunderland, Whately, Hatfield, Hadley, Northampton, Easthampton, South | PCBs, PFAS | Do not eat any fish | Do not eat American Eel, Channel Catfish, White Catfish, Yellow Perch Limit other species to 2 meals/month |

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|--|--|---------------|--|--|
| | Hadley, Holyoke, Chicopee, West Springfield, Springfield, Agawam, Longmeadow | | | |
| Coonamessett Pond | Falmouth | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Copicut Reservoir | Dartmouth, Fall River | Mercury | Do not eat any fish | Do not eat any fish |
| Copicut River | Dartmouth, Fall River | PCBs, Mercury | Do not eat any fish | Do not eat American Eel Limit Largemouth Bass to 2 meals/month |
| Cornell Pond | Dartmouth | PCBs, Mercury | Do not eat any fish | Do not eat American Eel Limit Largemouth Bass to 2 meals/month |
| Crocker Pond | Westminster | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/2 months |
| Crystal Lake | Haverhill | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Damon Pond | Chesterfield, Goshen | Mercury | Do not eat Chain Pickerel, Largemouth Bass | Limit Chain Pickerel, Largemouth Bass to 2 meals/month |
| Dennison, Lake | Winchendon | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 1 meal/month | Limit all fish to 2 meals/month |
| Dodgeville Pond – See Mechanics Pond | | | | |
| Drinkwater River/ Indian Head River/North River (Between the Forge Pond Dam in Hanover and Route 3 in Norwell/Pembroke) and Factory Pond | Hanson, Hanover, Norwell, Pembroke | Mercury | Do not eat any fish | Do not eat any fish |
| Duck Pond | Wellfleet | Mercury | Do not eat any fish | Do not eat any fish |
| Dunn Pond | Gardner | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/month |
| Dyer Pond | Wellfleet | Mercury | Do not eat any fish | Do not eat any fish |
| East Brimfield Reservoir | Brimfield, Sturbridge | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| East Monponsett Pond | Halifax | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Echo Lake | Hopkinton, Milford | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Ezekiel Pond | Plymouth | Mercury | Do not eat Chain Pickerel, Largemouth Bass | Limit Chain Pickerel, Largemouth Bass to 2 meals/month |

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|---|---------------------|----------------|--|---|
| Factory Pond – See Drinkwater River | | | | |
| Fall Brook Reservoir | Leominster | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Falls Pond (All Basins) | North Attleboro | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Farrar Pond | Lincoln | Mercury | Do not eat Black Crappie, Chain Pickerel, Largemouth Bass | Limit Black Crappie, Chain Pickerel, Largemouth Bass to 2 meals/month |
| Fearing Pond | Plymouth | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/week |
| Flax Pond | Lynn | DDT, Chlordane | Do not eat American Eel, White Perch | Do not eat American Eel |
| Flax Pond (Picture Lake) | Bourne | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |
| Flint Pond | Tyngsborough | Mercury, PFAS | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 1 meal/6 months |
| Forest Lake | Methuen | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Forge Pond | Littleton, Westford | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Fort Meadow Reservoir | Hudson, Marlborough | Chlordane | Do not eat White Sucker | Limit White Sucker to 2 meals/month |
| Foster Pond | Swampscott | DDT | Do not eat American Eel | Do not eat American Eel |
| Fosters Pond | Andover, Wilmington | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Freeman Lake – See Newfield Pond | | | | |
| French River (Between the Hodges Village Dam in Oxford and the North Webster Village Pond Dam in Webster) | Oxford, Webster | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Fresh Pond | Plymouth | Mercury | Do not eat Chain Pickerel, Largemouth Bass | Limit Chain Pickerel, Largemouth Bass to 2 meals/month |
| Fulton Pond - See Rumford River | | | | |
| Gales Pond | Warwick | Mercury | Do not eat Yellow Perch | Limit Yellow Perch to 2 meals/month |
| Garfield, Lake | Monterey | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Gibbs Pond | Nantucket | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Goodrich Pond | Pittsfield | PCBs | Do not eat any fish | Do not eat any fish |
| Great Herring Pond | Bourne, Plymouth | Mercury | Do not eat Smallmouth Bass | Limit Smallmouth Bass to 2 meals/month |

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|--|--------------------------------|---------------|--|--|
| Great Pond | Truro | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Great Pond | Wellfleet | Mercury | Do not eat any fish | Do not eat any fish |
| Great South Pond | Plymouth | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Grews Pond | Falmouth | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/week |
| Grove Pond | Ft. Devens, Ayer | Mercury | Do not eat any fish | Do not eat any fish |
| Haggetts Pond | Andover | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Halfway Pond | Plymouth | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Hamblin Pond | Barnstable | Mercury | Do not eat Smallmouth Bass | Limit Smallmouth Bass to 2 meals/month |
| Hardwick Pond | Hardwick | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 2 meals/month | Limit Largemouth Bass to 2 meals/month Limit other species to 2 meals/week |
| Heard Pond | Wayland | Mercury | Do not eat any fish | Do not eat any fish |
| Heart Pond | Chelmsford, Westford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Hickory Hills Lake | Lunenburg | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Hocomonco Pond | Westborough | PAHs | Do not eat any fish | Do not eat any fish |
| Holland Pond | Brimfield, Holland, Sturbridge | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Hood (or Hoods) Pond | Topsfield, Ipswich | Mercury | Do not eat any fish | Do not eat Largemouth Bass, Yellow Perch Limit other species to 2 meals/month |
| Hoosic River (from the channelized section in North Adams to the MA/VT state line) | N. Adams, Williamstown | PCBs, PFAS | Do not eat any fish | Do not eat any fish |
| Hopedale Pond | Hopedale | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Horn Pond | Woburn | DDT | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Horseleech Pond | Truro | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Houghton's Pond | Milton | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |

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|---|--|---------------|--|--|
| Housatonic River (See footnote [1]) | Dalton, Pittsfield, Lenox, Stockbridge, Lee, Great Barrington, Sheffield | PCBs | Do not eat any fish (also includes frogs and turtles) | Do not eat any fish (also includes frogs and turtles) |
| Hovey's Pond | Boxford | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Ice Pond – See Cochato River | | | | |
| Indian Head River – See Drinkwater River | | | | |
| Ipswich River (between the Bostik Findley Dam in Middleton and the Sylvania Dam in Ipswich) | Boxford, Danvers, Hamilton, Ipswich, Middleton, Peabody, Topsfield, Wenham | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Island Pond | Plymouth | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Jamaica Pond | Boston | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/month |
| Jenkins Pond | Falmouth | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |
| Johns Pond | Mashpee | Mercury, PFAS | Do not eat any fish | Do not eat Smallmouth Bass Limit other species to 1 meal/year |
| Johnsons Pond | Groveland, Boxford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Kendall Pond | Gardner | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Kenoza Lake | Haverhill | Mercury | Do not eat any fish | Do not eat any fish |
| Kingman Pond – See Rumford River | | | | |
| Knops Pond | Groton | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Konkapot River (From the Mill River Dam in New Marlborough to its confluence with the Housatonic River) | Sheffield, New Marlborough | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Lakes whose names begin with “Lake” are listed under the second word in their name (so that Lake Pentucket is listed under “Pentucket,” etc.) | | | | |
| Lashaway, Lake | North Brookfield, East Brookfield | Mercury | Do not eat Largemouth Bass, Smallmouth Bass | Limit Largemouth Bass, Smallmouth Bass to 2 meals/month |
| Laurel Lake | Erving, Warwick | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Lawrence Pond | Sandwich | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |

[1] Fish taken from feeder streams to the Housatonic River should be trimmed of fatty tissue prior to cooking.

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| Leverett Pond | Boston, Brookline | DDT | Do not eat Carp | Do not eat Carp |
| Lewin Brook Pond | Swansea | Mercury | Do not eat Black Crappie, Largemouth Bass | Limit Black Crappie, Largemouth Bass to 2 meals/month |
| Little Chauncy Pond | Northborough | Mercury | Do not eat Black Crappie, Largemouth Bass | Limit Black Crappie, Largemouth Bass to 2 meals/month |
| Little River – See Alewife Brook | | | | |
| Locust Pond | Tyngsborough | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Long Pond | Brimfield, Sturbridge | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Long Pond | Dracut, Tyngsboro | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Long Pond | Lakeville, Freetown | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/2 months |
| Long Pond | Rutland | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Long Pond | Wellfleet | Mercury | Do not eat any fish | Do not eat any fish |
| Long Pond | Yarmouth | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Long Pond (Rochester) – See Snipituit Pond | | | | |
| Long Sought-For Pond | Westford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Lorraine, Lake | Springfield | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Lost Lake | Groton | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Lowe Pond | Boxford | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Lowell Canals (see footnote [2]) | Lowell | Mercury, Lead, PCBs, DDT | Do not eat any fish | Do not eat American Eel Limit other species to 2 meals/month (see footnote [2]) |
| Lower Mystic Lake | Arlington, Medford | PCBs, DDT | Do not eat White Sucker | Do not eat White Sucker |
| Malden River | Everett, Malden, Medford | PCBs, Chlordane, DDT | Do not eat any fish | Do not eat any fish |
| Manchaug Pond | Douglas, Sutton | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |

[2] For Lowell Canals, the public is advised to consume only the fillet of those species not specifically listed in the advisory.

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| Martins Pond | North Reading | Mercury | Do not eat Black Crappie, Largemouth Bass, Yellow Perch | Limit Black Crappie, Largemouth Bass, Yellow Perch to 2 meals/month |
| Marys Pond | Rochester, Marion | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Mascuppic Lake | Dracut, Tyngsborough | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/2 months |
| Mashpee Pond (Mashpee-Wakeby Pond) | Mashpee, Sandwich | Mercury, PFAS | Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/week | Limit Largemouth Bass, Smallmouth Bass to 2 meals/month Limit other species to 1 meal/week |
| Massapoag Lake | Sharon | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Massapoag Pond | Dunstable, Groton, Tyngsboro | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Mechanics Pond, Dodgeville Pond, and the section of the Ten Mile River that connects them | Attleboro | Chlordane | Do not eat White Perch | Limit White Perch to 2 meals/month |
| Merrimack River (from the MA/NH state line to Broadway Dam in Lawrence) | Tyngsborough, Chelmsford, Lowell, Dracut, Tewksbury, Andover, Methuen, Lawrence | Mercury, PFAS | Do not eat Largemouth Bass, White Sucker Limit other species to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Miacomet Pond | Nantucket | Mercury | Do not eat any fish | Do not eat White Perch Limit other species to 2 meals/month |
| Mill Pond | Burlington | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Mill Pond | Harwich, Brewster | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Mill Pond (SuAsCo Reservoir) above GH Nichols Dam | Westborough | Mercury | Do not eat any fish | Do not eat Largemouth Bass |
| Mill River | Hopedale | PCBs | Do not eat any fish | Limit all fish to 2 meals/month |

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|--|--|----------------------|--|---|
| Millers River and its tributaries (between the confluence with the Otter River in Winchendon and the Connecticut River in Erving/Montague) | Athol, Erving, Montague, Orange, Phillipston, Royalston, Wendell, Winchendon | PCBs, PFAS | Do not eat any fish | Do not eat American Eel, Brown Trout Limit other species to 2 meals/month |
| Millvale Reservoir | Haverhill | Mercury | Do not eat any fish | Do not eat Largemouth Bass |
| Mirimichi, Lake | Plainville, Foxboro | PFAS | Do not eat any fish | Limit all fish to 1 meal/year |
| Mirror Lake | Ft. Devens, Harvard | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Monomonac, Lake and the North branch of Millers River (Between the outlet of Lake Monomonac and the inlet of Whitney Pond) | Winchendon | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Moore's Pond | Warwick | Mercury, PFAS | Do not eat American Eel, Chain Pickerel Limit other species to 2 meals/month | Limit American Eel, Chain Pickerel to 2 meals/month Limit other species to 1 meal/week |
| Morewood Lake | Pittsfield | PCBs | Do not eat any fish | Do not eat any fish |
| Morse's Pond | Wellesley, Natick | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Mother Brook (between Charles River and Knight Street Dam) | Dedham, Boston | Mercury, DDT | Do not eat Carp, Largemouth Bass, White Sucker | Limit Carp, Largemouth Bass, White Sucker to 2 meals/month |
| Mother Brook (between the Knight Street Dam and the Neponset River) | Boston | PCBs, DDT | Do not eat any fish | Do not eat American Eel, White Sucker Limit other species to 2 meals/month |
| Muddy River | Boston, Brookline | PCBs | Do not eat any fish | Do not eat American Eel, Brown Bullhead, Carp Limit other species to 2 meals/month |
| Mystic River (between outlet of Lower Mystic Lake and Amelia Earhart Dam) | Arlington, Everett, Medford, Somerville | PCBs, Chlordane, DDT | Do not eat any fish | Do not eat any fish |
| Nabnasset Pond | Westford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |

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| WATERBODY | MUNICIPALITY | HAZARD(S)* | MEAL ADVICE** Children under 12; and people who are nursing, pregnant, or may become pregnant | MEAL ADVICE** All other people |
|---|--|---------------|--|--|
| Nashua River | Clinton, Lancaster, Harvard, Shirley, Devens, Ayer, Groton, Pepperell, Dunstable | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/month |
| Neponset River (between the Hollingsworth & Vose Dam in Walpole and the Walter Baker Dam in Boston) | Boston, Canton, Dedham, Milton, Norwood, Sharon, Walpole, Westwood | PCBs, DDT | Do not eat any fish | Do not eat American Eel, White Sucker Limit other species to 2 meals/month |
| New Bedford Reservoir | Acushnet | Mercury, DDT | Do not eat American Eel, Largemouth Bass | Limit American Eel, Largemouth Bass to 2 meals/month |
| Newfield Pond (= Freeman Lake) | Chelmsford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Nippenicket, Lake | Bridgewater, Raynham | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Noquochoke Lake | Dartmouth | Mercury, PCBs | Do not eat any fish | Do not eat American Eel, Largemouth Bass Limit other species to 2 meals/month |
| North River – see Drinkwater River | | | | |
| Norton Reservoir – See Rumford River | | | | |
| Nutting Lake | Billerica | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Otis Reservoir | Otis, Tolland | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Otter River (between the Seaman Paper Dam in Templeton and the confluence with the Millers River in Winchendon) | Templeton, Winchendon | PCBs | Do not eat any fish | Do not eat Brown Bullhead, White Sucker Limit other species to 2 meals/month |
| Oxbow Pond | Easthampton, Northampton | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Pearce Lake (Lower Pond) | Saugus | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/week |
| Pelham Lake | Rowe | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 2 meals/week | Limit Largemouth Bass to 2 meals/month Limit other species to 2 meals/week |

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|---|---|-------------------------|--|---|
| Pentucket Pond | Georgetown | Mercury | Do not eat any fish | Do not eat Black Crappie, Largemouth Bass Limit other species to 2 meals/month |
| Pentucket, Lake | Haverhill | Mercury | Do not eat any fish | Do not eat any fish |
| Pepperell Pond | Pepperell, Groton | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Pequot Pond (Hampton Ponds) | Westfield, Southampton | PFAS | Limit all fish to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Peters Pond | Sandwich | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Pettee Pond | Walpole, Westwood | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Plainfield Pond | Plainfield | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Pleasant Pond | Hamilton, Wenham | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Plowshop Pond | Ft. Devens, Ayer | Mercury | Do not eat any fish | Do not eat any fish |
| Plunkett Reservoir | Hinsdale | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Pomps Pond | Andover | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Ponkapoag Pond | Canton, Randolph | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Pontoosuc Lake | Pittsfield, Lanesborough | Mercury, PFAS | Do not eat Largemouth Bass Limit other species to 2 meals/month | Limit Largemouth Bass to 2 meals/month Limit other species to 1 meal/week |
| Populatic Pond | Franklin, Medway, Norfolk | Mercury, Chlordane, DDT | Do not eat any fish | Limit all fish to 2 meals/month |
| Powder Mill Pond | Barre | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Puffer Pond | Ft. Devens Sudbury Training Annex, Maynard | Mercury | Do not eat any fish | Do not eat any fish |
| Quabbin & Wachusett Reservoirs (See footnote [3]) | New Salem, Shutesbury, Petersham, Hardwick, Ware, Pelham, Belchertown, Boylston, West Boylston, Sterling, Clinton | Mercury | See footnote [3] | See footnote [3] |

[3] Children younger than 12 years, pregnant women, and nursing women should not consume fish except for lake trout less than 24 inches long and salmon. All other people should not eat smallmouth bass, largemouth bass, or lake trout greater than 24 inches long; may eat unlimited amounts of salmon and lake trout less than 24 inches long; and should limit consumption of all other Quabbin and Wachusett Reservoir fish species to one five-ounce meal per week.

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***This waterbody has not been evaluated for mercury. Per DPH's statewide fish consumption advisory for mercury, children under 12, and people who are nursing, pregnant, or may become pregnant, should not eat fish from this waterbody until more information on mercury levels is available.

| WATERBODY | MUNICIPALITY | HAZARD(S)* | MEAL ADVICE** Children under 12; and people who are nursing, pregnant, or may become pregnant | MEAL ADVICE** All other people |
|---|--------------------------------|--------------------|--|---|
| Quaboag Pond | E. Brookfield, Brookfield | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Quannapowitt, Lake | Wakefield | DDT, PFAS | Do not eat Carp Limit other species to 1 meal/6 months | Limit all fish to 1 meal/month |
| Quinebaug River (from dam at Hamilton Reservoir through East Brimfield Reservoir/Long Pond, including Holland Pond) | Brimfield, Holland, Sturbridge | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Quinsigamond, Lake | Worcester, Shrewsbury | PFAS | Limit all fish to 1 meal/6 months | Limit all fish to 1 meal/2 months |
| Red Bridge Pond | Wilbraham | Mercury | Do not eat Black Crappie, Largemouth Bass | Limit Black Crappie, Largemouth Bass to 2 meals/month |
| Reservoir #6 | Sutton | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Reservoir Pond | Canton | Mercury | Do not eat Largemouth Bass, White Perch | Limit Largemouth Bass, White Perch to 2 meals/month |
| Rice City Pond | Northbridge, Uxbridge | PCBs, DDT | Do not eat any fish | Do not eat Carp, White Sucker Limit other species to 2 meals/month |
| Ripple, Lake | Grafton | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/6 months |
| Riverdale Pond | Northbridge | PCBs | Do not eat any fish | Limit all fish to 2 meals/month |
| Robbins Pond | East Bridgewater, Halifax | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Rock Pond | Georgetown | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Rohunta, Lake (Middle, North, and South Basins) | Orange, Athol, New Salem | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Rolling Dam Impoundment | Blackstone | PCBs, DDT | Do not eat any fish | Do not eat Carp, White Sucker Limit other species to 2 meals/month |
| Round Pond | Hamilton | Mercury | Do not eat Chain Pickerel and Largemouth Bass | Limit Chain Pickerel and Largemouth Bass to 2 meals/month |
| Round Pond East | Truro | Mercury | Do not eat any fish | Do not eat any fish |
| Round Pond West | Truro | Mercury | Do not eat Yellow Perch | Limit Yellow Perch to 2 meals/month |
| Rumford River (from Glue Factory Pond Dam; Fulton, Kingman, & Cabot ponds; Norton reservoir) | Foxborough, Mansfield, Norton | Dioxin, Pesticides | Do not eat any fish | Do not eat any fish |
| Ryder Pond | Truro | Mercury | Do not eat any fish | Do not eat any fish |
| Sabbatia, Lake | Taunton | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/2 months |

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| WATERBODY | MUNICIPALITY | HAZARD(S)* | MEAL ADVICE** Children under 12; and people who are nursing, pregnant, or may become pregnant | MEAL ADVICE** All other people |
|--|---------------------------------------|----------------|--|--|
| Saltonstall, Lake | Haverhill | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Sampsons Pond | Carver | Mercury, DDT | Do not eat Brown Bullhead, White Perch | Limit Brown Bullhead, White Perch to 2 meals/month |
| Sandy Pond | Ayer | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Sargent Pond | Leicester | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Sawdy Pond | Fall River, Westport | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Shawsheen River - See Ballardvale Impoundment | | | | |
| Sheep Pond | Brewster | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Sherman Reservoir | Rowe, Monroe | Mercury | Do not eat any fish | Do not eat Yellow Perch Limit other species to 2 meals/month |
| Shirley Lake | Lunenburg | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Shubael Pond | Barnstable | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Silver Lake | Pittsfield | PCBs | Do not eat any fish | Do not eat any fish |
| Silver Lake | Wilmington | Mercury, DDT | Do not eat Largemouth Bass, Yellow Bullhead | Limit Largemouth Bass, Yellow Bullhead to 2 meals/month |
| Slough Pond | Truro | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Snake Pond | Sandwich | Mercury, PFAS | Do not eat any fish | Do not eat Smallmouth Bass Limit other species to 2 meals/month |
| Snipituit Pond and Long Pond | Rochester | Mercury | Do not eat Black Crappie, Largemouth Bass | Limit Black Crappie, Largemouth Bass to 2 meals/month |
| Snow Pond | Truro | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| South Pond (= Quacumquasit Pond) | Sturbridge, Brookfield, E. Brookfield | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| South Watuppa Pond | Fall River, Westport | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/2 months |
| Spectacle Pond | Sandwich | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Spectacle Pond | Wellfleet | Mercury | Do not eat Yellow Perch | Limit Yellow Perch to 2 meals/month |
| Spicket River - See Stevens Pond & Spicket River | | | | |
| Spy Pond | Arlington | DDT, Chlordane | Do not eat Carp | Do not eat Carp |

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|--|---|--------------|--|---|
| Stern Reservoir (Framingham Reservoir #1) – See Sudbury River | | | | |
| Stevens Pond | North Andover | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Stevens Pond & Spicket River (from Stevens Pond to Music Hall Dam in Methuen) | Lawrence, Methuen | Mercury, DDT | Do not eat Carp, Largemouth Bass, White Sucker | Limit Carp, Largemouth Bass, White Sucker to 2 meals/month |
| Stiles Pond | Boxford | DDT | Do not eat American Eel | Limit American Eel to 2 meals/month |
| Stockbridge Bowl | Stockbridge | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Studley Pond | Rockland | PFAS | Do not eat any fish | Limit all fish to 1 meal/year |
| Sudbury Reservoir | Marlborough, Southborough | Mercury | Do not eat any fish | Do not eat Bass |
| Sudbury River (from Ashland to its confluence with the Assabet and Concord Rivers), Stern Reservoir, and Bracket Reservoir | Ashland, Framingham, Wayland, Sudbury, Lincoln, Concord | Mercury | Do not eat any fish | Do not eat any fish |
| Sylvan Lake – See Cochato River | | | | |
| Ten Mile River – see Mechanics Pond | | | | |
| Texas Pond (= Thayer Pond) | Oxford | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Thayer Pond – see Texas Pond | | | | |
| Tom Nevers Pond | Nantucket | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Turner Pond | Dartmouth, New Bedford | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Upper Naukeag Lake | Ashburnham | Mercury | Do not eat any fish | Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 2 meals/month |
| Upper Reservoir | Westminster | Mercury | Do not eat any fish | Do not eat Largemouth Bass Limit other species to 2 meals/month |
| Upper Spectacle Pond | Otis, Sandisfield | PFAS | Do not eat any fish*** | Limit all fish to 1 meal/week |
| Wachusett Lake | Princeton, Westminster | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Wachusett Reservoir – See Quabbin Reservoir | | | | |
| Waite Pond | Leicester | Mercury | Do not eat any fish | Do not eat Chain Pickerel Limit other species to 2 meals/month |

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|--------------------------------------|---|------------------|--|---|
| Wakeby Pond (Mashpee-Wakeby Pond) | Mashpee, Sandwich | Mercury, PFAS | Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/week | Limit Largemouth Bass, Smallmouth Bass to 2 meals/month Limit other species to 1 meal/week |
| Walden Pond | Concord | Mercury, PFAS | Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/month | Limit all fish to 2 meals/month |
| Walden Pond | Lynn, Lynnfield, Saugus | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Wallum Lake | Douglas | PFAS | Limit all fish to 1 meal/month | Limit all fish to 2 meals/month |
| Wampanoag, Lake | Ashburnham, Gardner | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Ware River | Barre, Hardwick, Hubbardston, Princeton, Ware, Westminster, Warren, Palmer | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Warner's Pond | Concord | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Watson Pond | Taunton | PFAS | Limit all fish to 2 meals/month | Limit all fish to 1 meal/week |
| Webster Lake (Chaubunagungamaug) | Webster | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/month |
| Wenham Lake | Beverly, Wenham | Mercury, DDT | Do not eat any fish | Do not eat American Eel, Largemouth Bass Limit other species to 2 meals/month |
| Wequaquet Lake | Barnstable | Mercury | Do not eat Largemouth Bass, Smallmouth Bass | Limit Largemouth Bass, Smallmouth Bass to 2 meals/month |
| West Lake | Sandisfield | PFAS | Do not eat any fish*** | Limit all fish to 2 meals/week |
| West Monponsett Pond | Halifax, Hanson | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| White Pond | Dennis, Harwich | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |
| Whitehall Reservoir | Hopkinton | Mercury | Do not eat any fish | Do not eat Yellow Bullhead Limit other species to 2 meals/month |
| Whitings Pond | North Attleborough, Plainville | Mercury | Do not eat Bluegill, Largemouth Bass | Limit Bluegill, Largemouth Bass to 2 meals/month |
| Whitmans Pond | Weymouth | DDT, PFAS | Do not eat any fish | Do not eat American Eel Limit other species to 1 meal/2 months |
| Whitney Pond | Winchendon | Mercury | Do not eat any fish | Do not eat Chain Pickerel Limit other species to 2 meals/month |
| Wickaboag, Lake | West Brookfield | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |

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|-------------------|----------------------------|--------------|--|--|
| Willet Pond | Walpole, Norwood, Westwood | Mercury | Do not eat Largemouth Bass | Limit Largemouth Bass to 2 meals/month |
| Windsor Lake | Windsor | Mercury | Do not eat Largemouth Bass | Do not eat Largemouth Bass |
| Winthrop, Lake | Holliston | Dioxin, PFAS | Do not eat any fish | Do not eat any fish |
| Wrights Reservoir | Gardner, Westminster | Mercury | Do not eat any fish | Limit all fish to 2 meals/month |

Hazard Codes:

DDT=dichlorodiphenyltrichloroethane

PAHs=polycyclic aromatic hydrocarbons

PCB=polychlorinated biphenyls

PFAS=per- and polyfluoroalkyl substances

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