



NEWS RELEASE

FOR IMMEDIATE RELEASE
April 15, 2026

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IDPH Issues Updated Sport Fish Consumption Advisories

New PFOS guidelines result in new restrictions on fish from certain waterways

SPRINGFIELD – The Illinois Department of Public Health (IDPH) has issued its annual update of advisories related to the consumption of sport fish caught in Illinois waterways. Fish are tested statewide by the Illinois Fish Contaminant Monitoring Program for polychlorinated biphenyls (PCBs), per- and polyfluoroalkyl substances (PFAS), and methylmercury. Results are used to issue advisories which detail how frequently fish from various waterways can be eaten without posing a health risk.

“As the weather warms up, Illinois residents have the opportunity to enjoy the wonderful outdoor recreation available across the state like hiking, swimming, and fishing,” said IDPH Director Dr. Sameer Vohra. “When fishing, it is important to follow the guidelines and be aware of the latest advisories to make sure fish are caught and consumed in the safest way possible.”

The majority of this year’s updates stem from the adoption of more stringent advisory guidelines for perfluorooctanesulfonic acid (PFOS), a PFAS chemical that is commonly detected in fish. The new PFOS guidelines resulted in the following updates this year:

- Do Not Eat advisories were issued for Largemouth Bass in Campus Lake (Southern Illinois University – Carbondale) and Monee Reservoir.
- Guidance limiting consumption to no more than one meal per month was issued for various fish species in the following bodies of water: the Calumet River system, Campus Lake (Southern Illinois University – Carbondale), Chaminwood Lake, Chicago River system, Lake Calumet, Lake Zurich, Midlothian Reservoir, Monee Reservoir, Randolph County Lake, Waukegan South Harbor, and Wolf Lake.
- Additional advisories were issued that restrict consumption to no more than one meal per week. These PFOS advisories, as well as all other fish advisories currently in effect, can be found at [fish-advisory-tables-2026.pdf](#).

IDPH maintains an interactive [Fish Advisory Map](#) that includes consumption advisories for more than 100 publicly accessible bodies of water across the state.

In addition to the site-specific updates, a statewide methylmercury advisory remains in place for all Illinois waters. IDPH recommends that women who are nursing, pregnant, or may become pregnant, and children less than 15 years of age eat no more than one meal per week of predatory fish (e.g., bass, walleye, salmon). More information can be found at [Fish Advisories \(illinois.gov\)](#).

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