

Chill Out

BE COOL ABOUT HANDLING YOUR FISH
PREVENT SCOMBROTOXIN POISONING



Bacteria builds up fast in poorly handled fish and can lead to scombrototoxin or histamine food poisoning. Once histamine forms it cannot be washed off or destroyed through cooking. The species below are potential histamine formers.

**ALL TUNA SPECIES, WAHOO,
DOLPHIN, MARLIN, MACKEREL,
BLUEFISH, AMBERJACK**



ON DECK

- Control fish to ease handling
- Bleed fish by cutting throat artery / avoid heart
- Gut fish, rinse cavity, and pack with ice ASAP
- Put fish in cooler or insulated fish box
- Cover all fish with crushed ice
- Use block ice only as secondary coolant

ON DOCK

- Do not leave fish out in sun
- Clean / steak / fillet ASAP
- Pack fillets in heavy zip bags layered with ice
- Freeze unused fish within four days (sooner for best quality)

ON GUARD

Handle your hard earned catch with care and it will take care of you. A properly cut and cooled fish is not only better eating, but safer eating for your family.

To Keep Seafood Safe,
Remember:

CLEAN

COOL

QUICK



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