

# EAT PUFFER AND YOU MAY SUFFER

Although puffer fish is a popular dish in some regions, eating southern puffer can make you sick



Balloonfish (*Diodon holocanthus*)



Brindled Burrfish (*Chilomycterus antennatus*)



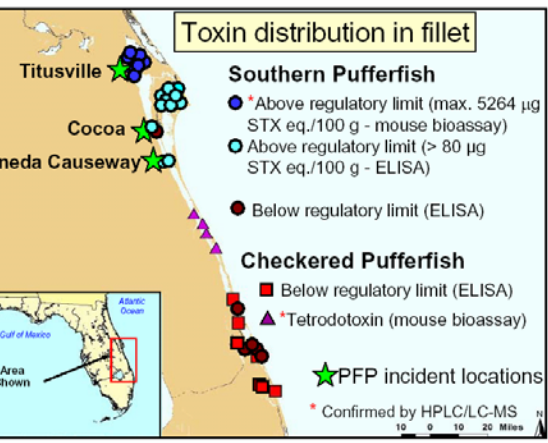
Porcupinefish (*Diodon hystrix*)




Northern Puffer (*Sphoeroides maculatus*)



Sharpnose Puffer (*Canthigaster rostrata*)



Puffer fish caught in Florida waters have been found to contain a naturally occurring toxic substances, **Saxitoxin (STX)**, which can cause serious illness if eaten. Symptoms of poisoning may include tingling or numbing of tongue, lips, face, arms, fingertips or legs; nausea and/or vomiting; drowsiness; incoherent speech; and difficulty breathing. Because of the potential health risk, the Florida Fish and Wildlife Conservation Commission has prohibited the harvest of certain species of puffer fish (see photos with ) from waters of Volusia, Brevard, Indian River, St. Lucie, and Martin Counties.

**"FOOD" FOR THOUGHT BEFORE TAKING THAT FIRST BITE OF PUFFERFISH:**



You cannot see, smell, or taste **Saxitoxin**.

**Saxitoxin** cannot be removed by cleaning/cooking puffer fish.

There is no antidote for **Saxitoxin**.



Southern Puffer (*Sphoeroides nephelus*)



Bandtail Puffer (*Sphoeroides spengleri*)



Checked Puffer (*Sphoeroides testudineus*)



Marbled Puffer (*Sphoeroides dorsalis*)

