Trout and salmon are coldwater species and experience physical stress when stream temperatures climb above 70°F. Taking the following precautions can help protect New York’s trout and salmon resources:

- **Avoid catch-and-release fishing for heat-stressed trout.** Trout already weakened by heat stress are at risk of death no matter how carefully they are handled.

- **Don’t disturb trout where they have gathered in unusually high numbers.** It is likely that these fish are recovering from heat stress in a pocket of cold water.

- **Go to Plan B!** Consider fishing waters less likely to get too warm or fishing for a more heat-tolerant species, like smallmouth bass.

- **Fish Early.** Stream temperatures are at their coolest in the early morning.