

# Maryland Fish Consumption Advisories

## Statewide Fresh Water, Estuarine and Marine Waters

**Recommended Meal Size: 8 oz - General Population and Women; 3 oz Children**

NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

1 **Women** = of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

Contaminant present in fish: \* Mercury    Δ PCBs    + Pesticides

Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
<b>Atlantic Croaker</b>	Chesapeake Bay and Tributaries <sup>Δ</sup>	4	4	4
 <b>American Eel</b>	Anacostia River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Back River <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
	Bush River <sup>Δ</sup>	4	4	4
	Middle River <sup>Δ</sup>	1 every other month	1 every other month	<b>Avoid</b>
	Northeast River <sup>Δ</sup>	1	1	1 every other month
	Patapsco River/Baltimore Harbor <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
	Patuxent River <sup>Δ</sup>	3	3	3
	Potomac River (tidal)- 301 Bridge to DC Line <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Rock Creek (Montgomery County) <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Susquehanna River below Conowingo Dam <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
South River <sup>Δ</sup>	2	2	1	
 <b>Black Crappie Continued</b>	Cash Lake *	4	3	2
	Lake Artemesia *	6	5	3
	Lake Needwood *	6	5	3
	Lake Roland <sup>Δ</sup>	3	3	3
	Liberty Reservoir *	8	7	4
	Loch Raven Reservoir *	<b>No Restrictions</b>	<b>No Restrictions</b>	6
	Millington Wildlife Management. Area *	4	4	2
	Tuckahoe Lake *	<b>No Restrictions</b>	8	4
	Potomac River (non-tidal):			
	DC Line to Dam #3 <sup>Δ</sup>	2	2	2
Dam #4 to Dam #5 <sup>Δ</sup> *	3	3	3	

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>	
 <b>Blue Catfish</b>	301 Bridge to DC Line <sup>Δ</sup>	12-15"	4	4	4
		15-24"	2	2	1
		24-30"	1	1	1 every other month
		>30"	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
 <b>Blue Crab</b>  1 meal equals 9 crabs for general population & women (4 crabs for children)	<u>Crab meat</u> Back, Middle, or Patapsco Rivers including: Baltimore Harbor <sup>Δ</sup> Other Areas of the Bay <sup>Δ</sup>	6	6	5	
		<b>No Restrictions</b>	<b>No Restrictions</b>	<b>No Restrictions</b>	
	<u>Crab "mustard"</u> Mid Bay: Middle River to Patapsco River and Baltimore Harbor area <sup>Δ</sup> Other Areas of the Bay <sup>Δ</sup>	<b>Do Not Eat Crab "Mustard"</b>			
		<b>Eat Sparingly</b>			
 <b>Brown Bullhead</b>	Anacostia River <sup>Δ</sup>	5	5	4	
	Back River <sup>Δ</sup>	2	2	2	
	Chester River <sup>Δ</sup>	8	8	7	
	Elk River <sup>Δ</sup>	2	2	2	
	Magothy	6	6	5	
	Middle River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month	
	Northeast River <sup>Δ</sup>	1	1	1	
	Patapsco River/Baltimore Harbor <sup>Δ</sup>	1 every other month	1 every other month	1 every other month	
	South River <sup>Δ</sup>	6	6	5	
Wicomico River <sup>Δ</sup>	7	7	6		
 <b>Chain Pickerel</b>	Deep Creek Lake *	6	5	3	
 <b>Channel Catfish</b>	Anacostia River <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Back River <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Bohemia River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month	

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
 <p><b>Channel Catfish</b> Continued</p>	Bush River <sup>Δ</sup>	1	1	1 every other month
	Chester River and Tributaries <sup>Δ</sup>	5	5	4
	Choptank River <sup>Δ</sup>	2	2	2
	Conococheague *	No Restrictions	8	5
	Elk River (incl. C&D Canal) <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Gunpowder River <sup>Δ</sup>	1 every other month	1 every other month	Avoid
	Jennings Randolph Reservoir <sup>Δ</sup>	4	4	4
	Middle River <sup>Δ</sup>	Avoid	Avoid	Avoid
	Monocacy River <sup>Δ</sup> *	1	1	1
	Nanticoke River <sup>Δ</sup>	4	4	3
	Northeast River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Patapsco River/Baltimore Harbor <sup>Δ</sup>	Avoid	Avoid	Avoid
	Patuxent River <sup>Δ</sup>	3	3	3
	Pocomoke River <sup>Δ</sup> *	3	3	3
	Potomac River (non-tidal):			
	DC Line to Dam #3 <sup>Δ</sup> *	1	1	1
	Dam #3 to Dam #4 <sup>Δ</sup> <18"	No Restrictions	No Restrictions	8
	Dam #4 to Dam #5 <sup>Δ</sup> *	2	2	2
	Potomac River (tidal):			
	301 Bridge to DC Line <18" <sup>Δ</sup>	1 every other month	1 every other month	Avoid
	301 Bridge to DC Line >18" <sup>Δ</sup>	Avoid	Avoid	Avoid
	Rewastico Creek <sup>Δ</sup>	4	4	3
Rocky Gorge Reservoir *	6	5	3	

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
 <b>Channel Catfish</b> Continued	Sassafras River <sup>Δ</sup>	2	2	1
	Susquehanna River:			
	above Conowingo Dam <sup>Δ</sup>	1	1	1
	below Conowingo Dam <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Wicomico River <sup>Δ</sup>	2	2	1
 <b>Common Carp</b>	Back River <sup>Δ</sup>	Avoid	Avoid	Avoid
	Lake Roland <sup>Δ +</sup>	2	2	2
	Potomac River (tidal):	Avoid		
	301 Bridge to DC Line <sup>Δ</sup>	Apply Potomac River advisory for carp to Bohemia, Bush, Elk (C&D Canal), Gunpowder, Northeast, Patapsco, and Potomac Rivers since elevated PCB levels in these locations may be anticipated.		
 <b>Rock Bass ♥</b>	Antietam Creek <sup>Δ</sup>	2	2	1
	Conococheague Creek * <sup>Δ</sup>	No Restrictions		7
	Savage River Reservoir *	2	2	1 every other month
 <b>Spot ♥</b>	Chesapeake Bay and Tributaries <sup>Δ</sup>	5	5	4
 <b>Striped Bass ♥</b>	Chesapeake Bay and Tributaries <sup>Δ</sup>			
	Greater than 28 inches	1	1	1 every other month
	Less than 28 inches	3	3	2
	Maryland's Atlantic Coastal Waters <sup>Δ</sup>	1	1	1 every other month
 <b>Sunfish</b> (incl. Bluegill)	<b>Statewide:</b> all publicly accessible lakes and impoundments except those listed below*	No Restrictions		
	Anacostia River <sup>Δ</sup> *	7	7	5
	Antietam River <sup>Δ</sup> *	2	2	2

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
 <p><b>Sunfish (incl. Bluegill) Continued</b></p>	Bush River * <sup>Δ</sup>	No Restrictions	No Restrictions	8
	Cash Lake *	8	7	4
	Centennial Lake *	6	6	3
	Lake Artemesia *	No Restrictions	No Restrictions	7
	Lake Lariat *	4	3	2
	Lake Needwood *	No Restrictions	No Restrictions	6
	Lake Roland <sup>Δ</sup>	No Restrictions	No Restrictions	8
	Liberty Reservoir *	No Restrictions	No Restrictions	8
	Little Seneca Lake *	No Restrictions	No Restrictions	8
	Millington Ponds*	No Restrictions	No Restrictions	5
	Piney Reservoir *	No Restrictions	No Restrictions	8
	<b>Potomac River (tidal):</b>			
	301 Bridge to DC Line <sup>Δ</sup>	2	2	2
	DC Line to Dam #3 <sup>Δ</sup> *	5	5	4
	Dam #4 to Dam#5 *	No Restrictions	No Restrictions	5
	Rock Creek (Montgomery County) <sup>Δ</sup>	3	3	3
Rocky Gorge Reservoir *	No Restrictions	No Restrictions	7	
Susquehanna River above Conowingo Dam <sup>Δ</sup>	6	6	5	
Triadelphia Reservoir *	No Restrictions	No Restrictions	6	
Wilde Lake *	6	5	3	
 <p><b>Small and Largemouth Bass ♥</b></p>	Anacostia River <sup>Δ</sup>	1	1	1
	Big Pool *	3	3	2
	Blair Valley Lake *	6	5	3
	Broadford Lake *	3	3	2
	Bush River * <sup>Δ</sup>	5	4	3

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
	Cash Lake *	3	2	1
	Centennial Lake *	8	7	4
	Clopper Lake *	5	5	3
	Conococheague Creek *	8	7	4
	Cunningham Falls Lake *	5	5	3
	Deep Creek Lake *	4	3	2
	Greenbelt Lake *	No Restrictions	8	5
	Jennings Randolph Reservoir *	6	5	3
	Johnson's Pond *	7	6	4
	Lake Artemesia *	5	4	2
	Lake Bernard Frank *	2	2	1
	Lake Habeeb *	7	6	3
	Lake Kittamaqundi Δ	No Restrictions	No Restrictions	8
<b>Small and Largemouth Bass ♥</b>	Lake Lariat *	1	1	1 every other month
	Lake Linganore *	7	6	3
<b>Continued</b>	Lake Needwood *	3	3	2
	Lake Roland *	5	4	3
	Liberty Reservoir *	6	5	3
	Little Seneca Lake *	5	4	3
	Loch Raven Reservoir *	3	3	2
	Millington Wildlife Management. Area *	3	3	2
	Monocacy River *	8	7	4
	Myrtle Grove Lake *	No Restrictions	No Restrictions	8
	Piney (Frostburg) Reservoir *	2	2	1 every other month
	Piney Run Lake *	No Restrictions	No Restrictions	6



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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
 <p><b>Small and Largemouth Bass ♥</b></p> <p><b>Continued</b></p>	Potomac River @ Spring Gap *	1	1	1 every other month
	Potomac River: 301 Bridge to DC Line <sup>Δ</sup> *	2	2	2
	Potomac River: DC to Dam #3 *	3	3	2
	Potomac River: Dam #4 to Dam #5 *	5	5	3
	Prettyboy Reservoir *	6	5	3
	Rocky Gorge Reservoir *	3	3	1
	Savage Reservoir *	2	2	1 every other month
	Smithville Lake *	No Restrictions	No Restrictions	5
	St. Mary's Lake *	2	1	1 every other month
	Stemmers Lake *	No Restrictions	No Restrictions	8
	Susquehanna River above Conowingo Dam *	No Restrictions	No Restrictions	6
	Triadelphia Reservoir *	5	5	3
	Tuckahoe Lake *	3	3	2
	Unicorn Lake *	No Restrictions	No Restrictions	5
	Urieville Community Lake	No Restrictions	No Restrictions	8
	Wilde Lake *	No Restrictions	No Restrictions	8
	Wye Mills Community Lake *	No Restrictions	No Restrictions	8
Youghiogheny River Lake *	6	5	2	
 <p><b>Trout ♥</b></p>	<a href="#">Put-and-Take Trout Fishing Areas</a>	No Restrictions	No Restrictions	No Restrictions
	Antietam Creek:			
	Funkstown Bridge to Mouth <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	North Branch Patapsco <sup>Δ</sup>	5	5	4
	Jones Falls <sup>Δ</sup>	6	6	5

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Species	Waterbody	Recommended Meals/Month		
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 <b>Walleye</b>	Savage River *	7	6	4
	Jennings Randolph Reservoir *	4	4	2
	Potomac: Dam #4 to Dam #5 *	4	4	2
	Savage River Reservoir *	1 every other month	1 every other month	<b>Avoid</b>
	Youghiogheny River Lake *	2	2	1
 <b>White Catfish</b>	Patapsco River/Baltimore Harbor <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
	Potomac River: 301 Bridge to DC Line <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
 <b>Yellow Perch</b>	Bush River <sup>Δ</sup>	2	2	1
	Elk River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Deep Creek Lake *	8	7	4
	Gunpowder River <sup>Δ</sup>	1	1	1
	Middle River <sup>Δ</sup>	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
	Piney Run Lake *	No Restrictions	No Restrictions	6
	Susquehanna River below Dam <sup>Δ</sup>	2	2	2
Youghiogheny River Lake *	6	6	3	
 <b>Yellow Bullhead Catfish</b>	Lake Bernard Frank *	7	6	4
	Liberty Reservoir *	7	6	3
	Savage River Reservoir *	2	1	1 every other month
	Wilde Lake *	No Restrictions	No Restrictions	7
	Youghiogheny River Lake *	No Restrictions	No Restrictions	7
 <b>White Perch</b>	Back River <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Bohemia River <sup>Δ</sup>	2	2	1
	Bush River <sup>Δ</sup>	3	3	2
	Chester River and Tributaries <sup>Δ</sup>	4	4	4

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 <p><b>White Perch</b> Continued</p>	Choptank River <sup>Δ</sup>	6	6	5
	Eastern Bay: Miles & Wye River <sup>Δ</sup>	No Restrictions	No Restrictions	8
	Elk River (including C&D Canal) <sup>Δ</sup>	1	1	1 every other month
	Gunpowder River <sup>Δ</sup>	5	5	5
	Herring Bay <sup>Δ</sup>	1	1	1
	Liberty Reservoir *	3	2	1
	Magothy River <sup>Δ</sup>	4	4	3
	Middle River <sup>Δ</sup>	1 every other month	1 every other month	Avoid
	Mid Chesapeake Bay: Pooles Island to Bodkin Point <sup>Δ</sup>	1 every other month	1 every other month	Avoid
	Nanticoke River <sup>Δ</sup>	8	8	7
	Northeast River <sup>Δ</sup>	2	2	1
	Patapsco River/Baltimore Harbor <sup>Δ</sup>	1 every other month	1 every other month	1 every other month
	Patuxent River <sup>Δ</sup>	8	8	7
	Pocomoke River <sup>Δ</sup> *	5	5	5
	Potomac River (tidal):			
	Mouth to 301 Bridge <sup>Δ</sup>	6	6	6
	301 Bridge to DC Line <sup>Δ</sup>	4	4	4
	Rhode & West Rivers <sup>Δ</sup>	1	1	1
Sassafras River <sup>Δ</sup>	2	2	2	
Severn River <sup>Δ</sup>	2	2	1	
South River <sup>Δ</sup>	2	2	2	
Triadelphia Reservoir *	6	5	3	