



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Charles County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 8 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels, fish contaminated

1 **Women** = 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

✘ = Fish where all dark meat and/or Belly Fat has been removed, this leads to a reduction in PCB contamination

Contaminant present in fish: * Mercury Δ PCBs + Pesticides ◇ PFOS

Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Atlantic Croaker	Lower Chesapeake Bay and Tributaries	Δ	4	4	4
American Eel	Lower Patuxent River	Δ	3	3	3
	Middle Patuxent River	Δ	3	3	3
	Potomac River - 301 Bridge to DC Line	Δ	1 every other month	1 every other month	1 every other month
Black Sea Bass	Lower Chesapeake Bay and Tributaries	◇	2	2	1
Blue Catfish	Lower Patuxent River	15" - 24" Δ	3	3	1
	Mattawoman Creek	12" - 15" Δ	4	4	4
		15" - 24" Δ	4	3	2
		24" - 30" Δ	1	1	1 every other month
		> 30" Δ	Avoid	Avoid	Avoid
	> 30" Δ ✘	2	2	1	
	Middle Patuxent River	15" - 24" Δ	No Limit	No Limit	6
	Potomac - 301 Bridge to DC Line	12" - 15" Δ	4	4	4
		15" - 24" Δ	4	3	2
		24" - 30" Δ	1	1	1 every other month
		> 30" Δ	Avoid	Avoid	Avoid
		> 30" Δ ✘	2	2	1
		Potomac: Mouth to 301	12" - 15" Δ	4	4
		15" - 24" Δ	2	2	1
		24" - 30" Δ	1	1	1 every other month
	> 30" Δ	Avoid	Avoid	Avoid	
	> 30" Δ ✘	2	2	1	
Blue Crab	Back River, Middle River or Patapsco River	Δ	6	6	5
	Other Areas of the Bay	Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Back River, Middle River or Patapsco River	Δ	Avoid	Avoid	Avoid
	Other Areas of the Bay	Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Channel Catfish	Lower Patuxent River	Δ	2	2	1
	Middle Patuxent River	Δ	2	2	1
	Potomac - 301 Bridge to DC Line	< 18" Δ	1 every other month	1 every other month	Avoid
		> 18" Δ	Avoid	Avoid	Avoid
Common Carp	Potomac - 301 Bridge to DC Line	Δ	Avoid	Avoid	Avoid
Large and Smallmouth Bass ♥	Lower Patuxent River	Δ	No Limit	No Limit	No Limit
	Mattawoman Creek	Δ	6	6	5
	Middle Patuxent River	Δ	No Limit	No Limit	No Limit
	Myrtle Grove Lake	*	No Limit	No Limit	8
	Potomac River - 301 Bridge to DC Line	◇	3	2	1
Northern Snakehead	Lower Patuxent River	*	No Limit	No Limit	5
	Mattawoman Creek	◇	1 every other month	1 every other month	Avoid
	Potomac - 301 Bridge to DC Line	Δ	3	3	3

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Anne Arundel County, Allegany County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick County, Garrett County, Harford County, Howard County, Queen Anne's County, Montgomery County, Prince George's County, Washington County, Wicomico County, and Worcester County Δ	No Limit	No Limit	No Limit
	**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas **For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout			
Spot ♥	Lower Chesapeake Bay and Tributaries ◇	3	3	2
	Lower Patuxent River Δ	No Limit	No Limit	No Limit
	Middle Patuxent River Δ	5	5	4
	Potomac: Mouth to 301 Δ	5	5	4
Striped Bass (Rockfish) ♥	Lower Chesapeake Bay and Tributaries < 28" Δ ✘	No Limit	No Limit	7
	< 28" Δ	3	3	2
	> 28" Δ ✘	No Limit	No Limit	5
	> 28" Δ	1	1	1 every other month
	Potomac River - 301 Bridge to DC Line < 28" ◇	5	5	3
Sunfish (including Bluegill)	Lower Patuxent River Δ	No Limit	No Limit	7
	Middle Patuxent River Δ	No Limit	No Limit	7
	Port Tobacco River ◇	2	1	1 every other month
	Potomac River: Mouth to 301 ◇	1	1 every other month	1 every other month
White Catfish	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
White Perch	Middle Patuxent River ◇	5	4	2
	Port Tobacco River ◇	3	2	1
	Potomac - 301 Bridge to DC Line ◇	3	2	1
	Potomac: Mouth to 301 Δ	6	6	6
Yellow Bullhead	Lower Patuxent River Δ	5	5	4
	Middle Patuxent River Δ	5	5	4