



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Frederick 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

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

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

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Flathead Catfish	Potomac River - DC line to Dam #3 *	2	2	1
	Potomac River - Dam #3 to Dam #4 *	2	2	1
Large and Smallmouth Bass ♥	Cunningham Falls Lake *	5	5	3
	Lake Linganore *	7	6	3
	Monocacy River Δ	No Limit	No Limit	No Limit
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			
Rock Bass ♥	Monocacy River ◊	2	1	1 every other month
Sunfish (including Bluegill)	Monocacy River ◊	1 every other month	1 every other month	Avoid
Yellow Bullhead	Monocacy River *	6	5	3