

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Garrett 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 contamination

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

Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
Black Crappie	Youghiogheny River Lake *	4	3	2
Brown Trout	Antietam Δ	3	3	2
	Jones Falls Δ	3	3	3
	Patapsco River: North of Ellicott City Δ	5	5	4
	Savage River Δ	5	5	3
Chain Pickerel	Deep Creek Lake *	6	5	3
Channel Catfish	Jennings Randolph Reservoir *	4	4	4
	North Branch of Potomac River from Old Town to Jennings Randolph ◇	No Limit	No Limit	No Limit
Large and Smallmouth Bass ♥	Broadford Lake *	3	3	2
	Deep Creek Lake *	2	2	1
	Jennings Randolph Reservoir *	4	3	2
	North Branch of Potomac River from Old Town *	5	5	3
	Piney Reservoir *	2	2	1 every other month
	Savage Reservoir *	1	1	1
	Youghiogheny River Lake *	2	2	1
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 <a href="https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas">https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</a> **For more information on Special Management Areas-Trout see <a href="https://www.eregulations.com/maryland/fishing/special-management-areas-trout">https://www.eregulations.com/maryland/fishing/special-management-areas-trout</a>				
Rock Bass ♥	Jennings Randolph Reservoir *	7	6	4
	North Branch of Potomac River from Old Town to Jennings Randolph *	8	7	4
	Savage Reservoir *	1	1	1 every other month
Sunfish (including Bluegill)	Broadford Lake *	No Limit	No Limit	6
	Piney Reservoir *	No Limit	No Limit	8
Walleye	Deep Creek Lake *	3	3	2
	Jennings Randolph Reservoir *	4	4	2
	North Branch of Potomac River from Old Town *	2	2	1
	Savage Reservoir *	1 every other month	1 every other month	Avoid
	Youghiogheny River Lake *	1	1	1



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Species	Waterbody		Recommended Meals/Month		
			General Population	Women <sup>1</sup>	Children <sup>2</sup>
Yellow Bullhead	Savage Reservoir	*	2	1	1 every other month
	Youghiogheny River Lake	*	No Limit	No Limit	7
Yellow Perch	Deep Creek Lake	*	3	3	2
	Savage Reservoir	ϖ	No Limit	No Limit	No Limit
	Youghiogheny River Lake	*	6	6	3