



# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Howard 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 <sup>1</sup>	Children <sup>2</sup>
Black Crappie	Rocky Gorge Reservoir	*	5	4	2
Channel Catfish	Rocky Gorge Reservoir	*	6	5	3
Large and Smallmouth Bass ♥	Centennial Lake	*	No Limit	7	4
	Lake Kittamaquindi	Δ	No Limit	No Limit	8
	Rocky Gorge Reservoir	*	4	4	2
	Triadelphia Reservoir	*	7	6	3
	Wilde Lake	*	No Limit	No Limit	8
Northern Snakehead	Little Seneca Lake	*	6	5	3
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>					
Sunfish (including Bluegill)	Centennial Lake	*	No Limit	No Limit	No Limit
	Rocky Gorge Reservoir	*	No Limit	No Limit	No Limit
	Triadelphia Reservoir	*	No Limit	No Limit	6
	Wilde Lake	*	6	5	3
White Crappie	Rocky Gorge Reservoir	*	No Limit	8	5
White Perch	Centennial Lake	*	No Limit	No Limit	No Limit
	Triadelphia Reservoir	*	6	5	3
Yellow Bullhead	Wilde Lake	*	No Limit	No Limit	7
Yellow Perch	Triadelphia Reservoir	*	No Limit	No Limit	8