

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Allegany 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
Channel Catfish	North Branch of Potomac River from Old Town to Jennings Randolph	◊ No Limit	No Limit	No Limit
	Potomac River - Little Orleans	Δ No Limit	No Limit	6
	Potomac River - Near Paw Paw, WV	Δ No Limit	No Limit	No Limit
Large and Smallmouth Bass ♥	Lake Habeeb	* 7	6	3
	North Branch of Potomac River from Old Town to Jennings Randolph	* 5	5	3
	Potomac River - Near Paw Paw, WV	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 ♥	North Branch of Potomac River from Old Town to Jennings Randolph	* 8	7	4
Sunfish (including Bluegill)	Potomac River - Town Creek	◊ 6	5	3
Walleye	North Branch of Potomac River from Old Town to Jennings Randolph	* 2	2	1
Yellow Perch	Savage Reservoir	◊ No Limit	No Limit	No Limit