

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: 7 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

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

Contaminant present in fish: * Mercury Δ PCBs + Pesticides

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Channel Catfish	Potomac River - Near Little Orleans *	No Limit	No Limit	6
	Potomac River - Near Paw Paw, WV *	No Limit	No Limit	No Limit
Large and Smallmouth Bass ♥	Lake Habeeb *	7	6	3
	North Branch of Potomac River from Old Town *	5	5	3
	Potomac River - Near Paw Paw, WV *	No Limit	No Limit	No Limit
Rock Bass ♥	North Branch of Potomac River from Old Town *	8	7	4
Walleye	North Branch of Potomac River from Old Town *	2	2	1