



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Calvert 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 contaminated

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 ¹	Children ²
Atlantic Croaker	Mid Bay: Patapsco to Upper Patuxent and Tributaries Δ	4	4	4
American Eel	Lower Patuxent River Δ	3	3	3
	Middle Patuxent River Δ	3	3	3
Blue Catfish	Lower Patuxent River 15" - 24" Δ	3	3	1
	Middle Patuxent River 15" - 24" Δ	No Limit	No Limit	6
Blue Crab	Back River, Middle River or Patapsco River Δ	6	6	5
	Other Areas of the Bay Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Back River, Middle River or Patapsco River Δ	Avoid	Avoid	Avoid
	Other Areas of the Bay Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Channel Catfish	Lower Patuxent River Δ	2	2	1
	Middle Patuxent River Δ	2	2	1
Large and Smallmouth Bass ♥	Lake Lariat *	1	1	1 every other month
	Lower Patuxent River Δ	No Limit	No Limit	No Limit
	Middle Patuxent River Δ	No Limit	No Limit	No Limit
Northern Snakehead	Lower Patuxent River *	No Limit	No Limit	5
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			
Silver Perch	Herring Bay ◇	6	6	3



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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Spot ♥	Lower Chesapeake Bay and Tributaries ◇	3	3	2
	Lower Patuxent River Δ	No Limit	No Limit	No Limit
	Mid Bay: Patapsco to Upper Patuxent and ◇	3	3	2
	Middle Patuxent River Δ	5	5	4
Striped Bass (Rockfish) ♥	Mid Bay: Patapsco to Upper Patuxent and Tributaries < 28" Δ ✕ < 28" Δ > 28" Δ ✕ > 28" Δ	No Limit	No Limit	7
		3	3	2
		No Limit	No Limit	5
		1	1	1 every other month
Sunfish (including Bluegill)	Lake Lariat *	4	3	2
	Lower Patuxent River Δ	No Limit	No Limit	7
	Middle Patuxent River Δ	No Limit	No Limit	7
White Perch	Middle Patuxent River ◇	5	4	2
Yellow Bullhead	Lower Patuxent River Δ	5	5	4
	Middle Patuxent River Δ	5	5	4